



Teacher

Swami Maheshananda Saraswati was born in Raipur, India, in 1970. Deep psychic experiences in his youth led him to his Guru Paramhansa Satyananda and the Bihar School of Yoga, Munger – one of the most respected schools and traditions of yoga in the world. He was initiated into the Dasnami Sannyasa Order in 1995 by Paramhansa Niranananda, the anointed successor of Paramhansa Satyananda. Swami Maheshananda lived with his Guru for the customary twelve years, serving his Guru's mission in various capacities. Now, as a wandering yogi, he travels both nationally and internationally to conduct seminars and workshops on yoga. For more information, please visit <http://raviburman.com/yoga/> . Contact Alka Kapur if you are interested in **personal consultation** with Swami Maheshananda Saraswati.



Location

778 Edison Way
Carmel, In 46032

Contact

Alka Kapur
(317) 574-9598
alka1.kapur@gmail.com

Directions

Ashbury Park subdivision, on 136th street between Ditch Road and Springmill Road, is opposite Smokey Row Elementary School. Take Springmill Road to 136th st. Go west at 136th street for half a mile, turning south at the second entrance to subdivision opposite the school, into Ashbury Park Road – it is the 3rd house on the left, at the intersection of Edison Way.



Bringing Yoga Home Developing a personal practice



Seminar Series by
Swami Maheshananda Saraswati
March 12th-15th, 2009



Hosted by : Yoga Mitra Mandal (www.yogamm.org)



Personal transformation through Yoga

We are fortunate to have Swami Maheshananda Saraswati, on his second visit to Indianapolis. In this two part series, Swamiji will combine the practical aspects of building a regular practice, with its sound theoretical foundations. We will learn how to manage stress and how to bring yoga into daily life. Swamiji will introduce the basics of Asana, Pranayama, Pratyahara and Dharana in theory and practice. One demonstration of Suryanamskara (Sun salutation) will be shown. Our aim will be to help people integrate the practices in their daily life.

Personal transformation through yoga practice –Part 1

Date: Thursday, March 12, 2009

Location: Noni and Sukhdev Dhindsa's home at 1834 Cecil Street, Carmel, IN 46032

Time: 7 to 9pm. Suggested donation: \$10–\$20

Personal transformation through yoga practice –Part 2

Date: Friday, March 13, 2009

Location: Alka and Rahul Kapur's home at 778 Edison Way, Carmel, IN 46032

Time: 7 to 9pm. Suggested donation: \$10–\$20

Note:

- We would appreciate people volunteering to sponsor the program (\$100 a head)
- Personal consultations are available by contacting Alka at 317–574–9598



Weekend Program

Pratyahara – withdrawal of the senses

Date: Saturday, March 14, 2009

Location: Alka and Rahul Kapur's home at 778 Edison Way, Carmel, IN 46032

Time: 10 am to 4pm. Suggested donation: \$20–\$40

Combining theory and practice, Swami Maheshananda will lead us to a practical understanding of this most important step in the preparation of body and mind for meditation. Starting with simpler practices which help to understand and manage our busy minds, we will progress to intermediate practices. We will learn methods which will help us to withdraw the mind from the external, intensifying the experience of our inner reality. Along with Yoga Nidra and Ajapajapa, a powerful Mantra technique taken from the Upanishads will be introduced.

There will be a break for lunch from 12 noon to 1pm. Feel free to bring a brown bag lunch on Saturday and Sunday.

Prana Vidya, Chakra and Kundalini

Date: Sunday, March 15, 2009

Location: Poonam Khurana's home at 332 Pintail Court, Carmel, IN 46032

Time: 10 am to 4pm. Suggested donation: \$20–\$40

This session will focus on the energies which power our life and illumine the path to deeper spiritual experience. A mix of theory and practice, Swamiji will help us with practices which aim to develop the total human personality, and expression of its fullest potential.