

Yoga for Life

1-1/2 DAY AMRITA YOGA RETREAT:
"ESSENTIALS OF YOGA PRACTICE THROUGH BHAKTI"

PUBLIC OPEN CLASSES • PRIVATE YOGA THERAPY SESSIONS

with Bri. Shobana

Disciple of Amma

**MAY 17-22
MA CENTER CHICAGO**

41W501, Keslinger Rd, Elburn, IL 60119

For Schedule, etc., Visit:

WWW.AMMA.ORG/CHICAGO



AMRITA YOGA
Awareness in Every Action

*"Yoga is for our inner well-being.
It does not belong to any
particular faith or religion."*

– Amma



Amrita Yoga®

Amrita Yoga was born from the divine resolve and unconditional compassion of renowned spiritual leader, humanitarian, Maha Yogini, Satguru Sri Mata Amritanandamayi Devi (Amma). A traditional school of Hatha Yoga upholding Vedic principles, Amrita Yoga incorporates Amma's teachings and integrates the four different paths of yoga, cultivating physical, mental, and spiritual upliftment. Focusing on awareness with heart-centered intention, the goal is to transcend the physical asana practice to deepen your own self awareness and the inter-connectedness of all life.

Brahmacharini Shobana

Brahmacharini Shobana, PhD, is an award-winning yoga practitioner and teacher who has dedicated her life to the pursuit of authentic yoga as a monastic in Amma's ashram. Under Amma's direct guidance, as director of Amrita Yoga® since 2004, she has taught more than 2000 workshops, classes and retreats to people from all over the world. Specializing in bridging the gap between ancient traditional Eastern practice and the practical needs of yoga in the West, Bri. Shobana is one of only 12 members on the Government of India's Committee for Yoga Education, which forms the curriculum courses in Indian universities.

Amrita Yoga Retreat, Classes, & Private Sessions

MA Center Chicago, May 17 – 22

AMRITA YOGA RETREAT: “ESSENTIALS OF YOGA PRACTICE THROUGH BHAKTI”

SAT-SUN, MAY 19-20

\$150 – with accommodations and meals

\$90 – without accommodations, meals included

Note: For attendees staying off-site, please have breakfast before coming.

DAY 1: Saturday, May 19

8:30-9:30 am: Check-in and Registration

9:30-10:30 am: Opening Ceremony and Introduction

10:30-12:30 pm: Asana Session and Guided Meditation

12:30-1:30 pm: Lunch Break

1:30-2:30 pm: Yoga Talk and Q&A

2:30-3:30 pm: Yoga Nidra

4 pm onwards: join Saturday Satsang and Bhajans, followed by dinner.

DAY 2: Sunday, May 20

7:00 -7:30 am: Tea/Juice/Fruits

7:30- 9:30 am: Asana Session & Meditation

9:30-10:30 am: Breakfast

10:30-11:00 am: Nature Walking Meditation

11:00-12:30 pm: Q&A and Closing Session

12:30–1:30 pm: Lunch and Checkout

HOW TO SIGN UP

REGISTER ONLINE FOR THE AMRITA YOGA RETREAT AND PUBLIC OPEN CLASSES:

WWW.AMMA.ORG/CHICAGO

TO BOOK PRIVATE YOGA THERAPY SESSIONS, OR FOR MORE INFO, PLEASE CONTACT JAGRUTI AT:

AMRITAYOGA.MACENTER@GMAIL.COM

LOCATION

MA CENTER CHICAGO

41W501, KESLINGER RD, ELBURN, IL 60119

AMRITA YOGA PUBLIC OPEN CLASSES & PRIVATE YOGA THERAPY SESSIONS

THURSDAY, MAY 17

Public Open Class: “Inner and Outer Core Building”

9:30 – 11:00 am, \$15

Focus on the innate relationship between the inner and outer core, on both physical and deeper levels of yoga practice. Attention is on Awareness and Bhavana and how these support our practices.

Private Yoga Therapy Sessions, by appointment, \$45

45 min each, offered at these starting times:

11:30 am, 1:30 pm, 2:30 pm, and 3:30 pm

FRIDAY, MAY 18

Public Open Class: “Breath in Yoga Practice”

9:30 – 11:00 am, \$15

Focused on breathing techniques, asanas that will help experience breathing techniques, and restorative postures. Yoga has a very scientific approach to breathing. Most people use only one-third of their lung capacity. Yoga teaches abdominal breathing, which allows us to use more of our lung capacity. You can then breathe deeper and relax more.

Private Yoga Therapy Sessions, by appointment, \$45

45 min each, offered at these starting times:

11:30 am, 1:30 pm, 2:30 pm, 3:30 pm, and 4:30pm

MONDAY, MAY 21

Public Open Class: “Breath & Balance”

9:30 – 11:00 am, \$15

Discover your true balance through your breath. Breath helps to tune with your innate intelligence and expresses your perfection in posture. Thus, balance in your posture is an inside-out approach.

Private Yoga Therapy Sessions, by appointment, \$45

45 min each, offered at these starting times:

11:30 am, 1:30 pm, 2:30 pm, and 3:30 pm

TUESDAY, MAY 22

Public Open Class: “Chest Openers & Inversions”

9:30 – 11:00 am, \$15

Feel your core and express your inner strength and balance. Turn upside-down to feel true openness. This class focuses on how core, balance, and openness are the foundation for inversions.

Private Yoga Therapy Sessions, by appointment, \$45

45 min each, offered at these starting times:

11:30 am, 1:30 pm, 2:30 pm, and 3:30 pm

www.amma.org/chicago