

Yoga for Life

“ESSENTIALS OF YOGA PRACTICE THROUGH BHAKTI”

PUBLIC OPEN CLASSES • PRIVATE YOGA THERAPY SESSIONS

with Bri. Shobhana

Disciple of Amma

**MAY 31 - JUNE 4
MA CENTER CHICAGO**

41W501 Keslinger Rd, Elburn, IL 60119

For Schedule, etc., Visit:

tinyurl.com/amrita-yoga-chicago-2019



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 Shobhana

Brahmacharini Shobhana, 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. Shobhana 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 Classes & Private Sessions

MA Center Chicago, May 31 – June 4

AMRITA YOGA PUBLIC OPEN CLASSES & PRIVATE YOGA THERAPY SESSIONS

Public open classes focus on several different aspects of practice as described below.

Heart-centered private yoga therapy sessions will help identify areas of healing, promote greater mind/body awareness and provide a gentle restorative practice. Ideal for those recovering from any form of illness or injury.

FRIDAY, MAY 31

Public Open Class

9:30 – 11:00 am, \$15

An “open class” with simple, gentle Amrita Yoga postures/asanas. No prior yoga experience or Amrita Yoga training necessary.

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 4:30 pm

SATURDAY, JUNE 1

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 both on physical and deeper levels of yoga practices. Attention on Awareness, 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, 3:30 pm and 4:30 pm

SUNDAY, JUNE 2

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, 3:30 pm and 4:30 pm

MONDAY, JUNE 3

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. 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, 3:30 pm and 4:30 pm

TUESDAY, JUNE 4

Public Open Class: “Amrita Yoga, Breath and Stress Management” Asana class

9:30 – 11:00 am, \$15

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

HOW TO SIGN UP

REGISTER ONLINE FOR THE AMRITA YOGA PUBLIC OPEN CLASSES:

[TINYURL.COM/AMRITA-YOGA-CHICAGO-2019](https://tinyurl.com/amrita-yoga-chicago-2019)

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

tinyurl.com/amrita-yoga-chicago-2019