



THE NEW FRONTIERS OF YOGA

A CONFERENCE FOR YOGA TEACHERS

and (serious) Practitioners with

Swami Bodhananda Saraswati, Spiritual Director

Sambodh Center for Human Excellence

10 a.m. - 1 p.m., Saturday Dec. 1st, 2012

**Lectures, Discussion, Exchange of Teaching Notes,
Sharing of experiences, Brainstorming, and Learning from One Another**

Swami Bodhananda is known as the 'cutting edge swami' bringing the ancient teachings of Yoga into the 21st century. Swami Bodhananda is an engaging speaker with a lively humor and a keen sense of observation. His knowledge of Vedanta is flawless. He is highly praised for his adaptive rendering of ancient Vedantic wisdom to the modern individual's needs and circumstances, helping people apply spiritual principles and practices to their immediate environment.

As a living science Yoga practitioners are continuing to make new discoveries. As Yoga teachers and practitioners we are on the new frontier of Yoga. We are rooted in this ancient science which is as alive and new as witnessing this moment, this breath.

There are many streams that flow into the vast river of Yoga, we too add our knowledge. Western scientists and physicists validate what the ancient rishis knew thousands of years ago. This is an exciting time to be a part of this living tradition.



* **PATANJALI YOGA SUTRAS**

DISCOURSES BY SWAMI BODHANANDA

* **PERSPECTIVES ON THE GOAL OF YOGA**

GROUP DISCUSSION

* **YOGA PHYSIOLOGY AND HEALTH**

* **THE UNDERLYING PHILOSOPHY OF YOGA**

* **YOGA AND KUNDALINI AWAKENING**

* **YOGA AND ADVAITA VEDANTA**

* **THE NEW CHALLENGES TO YOGA**

The Conference concludes with a Vegetarian Lunch

PRE-REGISTRATION REQUIRED

To Pre-Register, send your name and contact information to "The Sambodh Society, Inc."

The Sambodh Society, Inc. 6363 N. 24th St., Kalamazoo, MI.

Or Contact Sambodh via EMAIL: sambodhsociety@sambodhsociety.us

Or Contact Diana: 269.758.3355 prasadyoga@aol.com

**This program is supported entirely by your donations.
Your generosity is greatly appreciated!**