

Sat & Sun, August 8th & 9th, 2009 • American Bodhi Center

हंसस्य गति विस्तारम्
हंस आत्मानं ध्यायेत्
त्रिधामा हंस उच्यते
हंसयोग विचक्षणः
हंस शुचिश्च

CONSCIOUS LIVING WORKSHOP

WITH HIS HOLINESS SWAMI VIDYADHISHANANDA

During this structured workshop, participants will learn high-end conscious living principles disseminated through the rich & rigorous classical curriculum of the Himalayan Masters tradition.

- Teachings using *shruti* method
- Atharva-veda and Ayurveda
- Flow and movement of prana
- Rare pranayama techniques
- Potent use of natural elements
- Mysteries of prana calendar
- Soma* and *Agni* principles
- Wellness through soli-lunar diet
- Unique angle into biorhythms
- Meditation using inner sound

A practical presentation including handouts and slideshow will supplement the enlivening teaching methods. Don't miss this rare opportunity to learn the ancient and esoteric Himalayan secrets of living in balance and harmony.



Registration phone and email

713-503-5292 • self.houston@gmail.com

DATE AND TIME

Saturday 8th August & Sunday 9th August; 8am–7pm each day

LOCATION

American Bodhi Center (<http://abc.jadebuddha.org>)
29123 Mellman Road, Waller, TX 77445

This beautiful center is located amidst a tranquil landscape where one can enjoy pristine nature and the convenience of a brand new facility that is ideal for a workshop with group meals and children's activities.

MEALS

Each participant will be provided a mid-morning fruit snack, an Ayurvedic *sattvic* vegetarian lunch, and early evening herbal tea with treats.

Limited Seats
Register ASAP!

REGISTRATION DONATION (thru July 31st)

\$275 or more per adult

\$450 or more per single-household couple

\$100 full-time students (with valid ID)

\$100 seniors (65+) & armed forces

\$50 children under 12 (yoga and creative activities planned)

[Sign Up Now](#)



[Register Online!](#)

Submit an online registration form at:

www.tickets2events.com (credit cards accepted)

Participants will be informed about the tax deductible portion of their donation.

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