

YOGA LOKA

908-268-7430

34 Bridge Street, Suite 2, Frenchtown, NJ 08825

YOGA-LOKA.com



Saraswati Vidya:

The Wisdom Teachings

with

Bonnie Pariser

Introducing a new class for serious Yoga students wanting to deepen their practice. In this 3-hour class we will explore the mystery of our being through direct experience in-group Sadhana (practices) designed to support awakening.

Saraswati Vidya: The Wisdom Teachings will explore several modalities of transforming body and mind towards a state of freedom and beauty. Utilizing asana, pranayama, chanting, inquiry meditations and Tantric techniques like Yoga Nidra and Bhutta Shuddi (cleansing of the energetic body) we will look deeply into the nature of the mind. This class will lean more towards experience than philosophy. To come together in community and do this level of work is not only a gift but very much needed in these difficult times. Practicing this way in-group provides a powerful matrix of support and accountability

July 23rd
August 11th and 27th
September 17th and 24th
4:00 -7:00 pm
Cost: \$50/class

Bonnie Pariser is the founder and director of Yoga Loka in Frenchtown. She has practiced Yoga for more than 20 years and has taught Yoga for over eight years. Bonnie is a registered Yoga Instructor at the 500 hr level and certified as a Structural Yoga Therapist by Mukunda Stiles, a world-wide leader in the field of Therapeutic Yoga. Bonnie is trained in Yoga philosophy, mantra, meditation, pranayama, asana and Tantric methodology by renowned yogini of the Bhairavi Maha Yoga tradition Kirin Mishra who designed this program in order to bring these wisdom teachings into the world. Bonnie is honored to be able to present these teachings to those students who desire them.

Name : _____ Phone: _____

Address: _____

Email: _____

To register, please send a check made to Yoga Loka, for Saraswati Vidya
YOGA LOKA 34 Bridge Street Suite #2 Frenchtown, NJ 08825
908-268-7430 www.yoga-loka.com

Yoga Loka reserves the right to cancel workshops at any time. In the event of a cancellation, any fees paid will be refunded in full.