

MEDITATION & CHANTING SPRING 2008

WITH MANORAMA



Yogic practices are the journey to experience
our own Godhood.

- Manorama

www.sanskritstudies.org

- MAR March 5th • Chakra: Wheel of Light**
Laughing Lotus Yoga (59 West 19th @ 6th Ave, NYC)
Wednesday 4:00pm - 5:30pm \$20
www.laughinglotus.com 212.414.2903
- March 10th • Namō Namah: Reverence**
Exhale Spa (980 Madison Ave @ 76th, NYC)
Monday 7:30pm - 9pm \$25
www.exhalespa.com 212.561.7400
- March 19th • Protection thru Mantra**
Jivamukti Yoga School (841 Broadway @ 13th, NYC)
Wednesday 8:30pm - 10pm \$20
www.jivamuktivyoga.com 212.353.0214
- March 25th • Lord Ganesha's Blessings**
Sankalpah Yoga (254 5th Ave @ 27th, NYC)
Tuesday 7:30pm - 9pm \$20
www.sankalpahyoga.com 212.532.2033
- APR April 9th • Expansion of Prana***
Laughing Lotus Yoga (59 West 19th @ 6th Ave, NYC)
Wednesday 4:00pm - 5:30pm \$20
www.laughinglotus.com 212.414.2903
*2nd Wednesday of the month
- April 14th • Awareness of Breath**
Exhale Spa (980 Madison Ave @ 76th, NYC)
Monday 7:30pm - 9pm \$25
www.exhalespa.com 212.561.7400
- April 16th • Shakti Manifest**
Jivamukti Yoga School (841 Broadway @ 13th, NYC)
Wednesday 8:30pm - 10pm \$20
www.jivamuktivyoga.com 212.353.0214
- April 29th • Manifestation of The Goddess**
Sankalpah Yoga (254 5th Ave @ 27th, NYC)
Tuesday 7:30pm - 9pm \$20
www.sankalpahyoga.com 212.532.2033