



# SHAKTI YOGA

## workshop

## *The Divine Wisdom*

### Spiritual Practices for Well-Being

Saturday 6/25 2-5pm

\$60 / \$50 if preregister by 6/24

In this workshop Shubhrajī will guide us in understanding our connection with the Divine, through invoking its different aspects. We will learn universal practices that can be incorporated effortlessly into daily life to enrich us as well as transcend obstacles.

#### **Topics covered will include:**

- Altars
- Mantra Chanting
- Homa (simple fire ceremony)
- Science of directions
- Nine Planets and their simple use for our benefit
- Abundance through the eight forms of the Divine Goddess Lakshmi.

*Please bring along a Japa Mala if you have one.*

*The program will conclude with a havan.*



#### **Shakti Yoga Woodstock**

1685 Sawkill Road, Woodstock



We are privileged to be presenting Shubhrajī, who has dedicated her life in continuing the Spiritual work of her Guru H.H. Swami Chinmayananda, the world renowned Vedanta teacher. Shubhrajī lectures on various topics which include:

Spiritual Unfoldment, The Art of Relationships, Meditation in Daily Life, The Essence of Divine Love etc. She interacts with diverse communities and extensively travels throughout the U.S, Asia, Europe and the Middle- East. She has been invited to speak at Harvard Business School in Boston and St. Johns University in New Mexico. Shubhrajī is an eloquent speaker whose talks are uplifting and inspiring. During this workshop, she will teach us the Sanskrit pronunciation and share the many benefits of this holistic mantra which works on the body, mind and spirit

[www.shaktiyogawoodstock.com](http://www.shaktiyogawoodstock.com)

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