

Kai Yoga Arts Presents

Introduction to Yoga *a workshop*

Free Seminar
Kai Yoga Arts Studio
Friday, October 1, 2010
7:00 – 9:00 pm



What is Yoga?

Yoga means Union

The word Yoga means to 'yoke' or 'unite' in the ancient Indian language Sanskrit. Yoga is synonymous with Truth, One-ness, Samadhi, Nirvana, or Moksha.

Oftentimes today the term Yoga is used to describe what is in fact Hatha Yoga or Yoga Asana and Pranayama etc. That is, a series of physical postures (asanas) that are part of a Hatha/Raja Yoga practice. The means to attain Yoga are accepted to be four in number and they are known as Raja Yoga, Jnana Yoga, Bhakti Yoga, and Karma Yoga.

Yoga is the End and not the means



This workshop is geared towards Yoga Teachers and students of Yoga or Anyone who has a deep interest and sincere yearning to learn more about the great Science of Yoga. There is a way; there is a method and there is a very vital reason for cultivating and using this great knowledge in our lives. Topics will include:

- **Introduction to Yoga Philosophy**
 - **Aim of Yoga**
 - **Open Discussion**

Karen completed Yoga Teacher's Training course at VYASA-Vivekananda Yoga Anusandhana Samsthana (Research Foundation) in Singapore where she conducted Hatha Yoga classes for beginners. In 2006 she was awarded the Yoga Teacher Training Certificate from Vasishtha Yoga Research Foundation (Kerala, India) after undertaking individual study directly under Saji. She was director and co-founder of Ancient's Wisdom Pte Ltd Ayurvedic Treatment Centre, which was located in Singapore and holds a Certificate in Abhyanga-Ayurvedic Massage from Ancient's Best Clinic & Study Center of Ayurveda, Singapore & International Academy of Ayurveda, Pune, India. Karen currently conducts classes at Kai Yoga. Kai Yoga Arts, LLC 629 North Westover Blvd, Albany Ga. 31707 (229) 888-2435 Email: namaste@kaiyoga.net www.kaiyoga.net