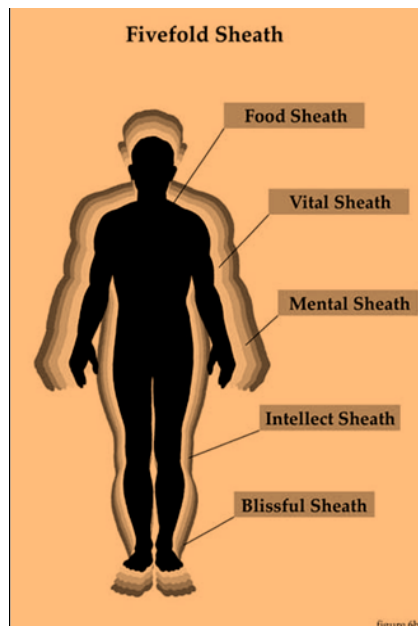


**Kai Yoga Arts presents**

# **Man, His Three Bodies and Their Functions**

**Venue:** Kai Yoga Arts Studio  
**Dates:** Saturday, October 23, 2010 / 8:30am – 4:30  
Sunday, October 24, 2010 / 2:00pm – 8:00pm  
**Fee:** \$250.00  
**Instructor:** Karen

**Man can manifest and function upon several planes according to his evolution. The majority of people of this age can manifest only on the lower planes. Although every man, no matter how undeveloped, potentially possess all the higher principles, the higher planes are utilized by a few advanced persons only. The Yogis know that the human organism consists of three different and distinct parts, more or less indissolubly connected. They are Stula, the Gross; Sukshma, the Subtle; and Karana, the Causal or Seed body.**



**This workshop will explain the three bodies and *the five sheaths*, or koshas contained within them. The Ancients of India not only knew about the visible physical body and its functions, but went beyond the physical plane and operated with subtler bodies. Their knowledge of mind and of its mysteries and functions is now recognized throughout East and West by those who deal with such subjects. Modern psychology of the mind is nothing compared to the ancient's understanding of it. Today's psychologists and scientists do not clearly understand the difference between the spirit, mind, and body. No one, of course, can really understand mind and soul as long as he experiments on the outside not turning inward and stilling all his thoughts to watch its own mind and soul....*Swami Vishnudevananda***

Karen completed Yoga Teacher's Training course at VYASA-Vivekananda Yoga Anusandhana Samsthana (Research Foundation) in Singapore where she conducted Hatha Yoga classes. 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 and offers Ayurvedic Lifestyle Consultations and treatments.

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