

Kai Yoga Arts presents
The Shatkarmas



**Yogic
Cleansing Techniques**



Venue: Kai Yoga Arts Studio
Dates: Saturday, November 6, 2010 / 8:30am – 4:30pm
Sunday, November 7, 2010 / 2:00pm – 8:00 pm
Fee: \$250.00
Instructor: Karen

Purity of the Mind is not possible without purity of the body

In Yoga, control of the body starts with cleaning processes known as kriyas, the first step to eliminate poisonous substances accumulated in the system. Yoga pays great attention to removing waste materials which our organs are not able to throw off. Yogic cleaning goes a little farther than most daily routines and cleans some of the important parts of the body that are generally neglected. These cleaning processes are scientific and hygienic and remove ailments caused by improper attention to these portions of the body. In this workshop, we will learn:

Jala Neti
Nasal Cleaning with Water

Vaman Dhouti
Regurgitative Cleansing

Lagoo Shankaprashalana
Short Intestinal Wash

Trataka
Concentrated Gazing

Yogic Eye Exercises

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