

# The Map of Yoga:

## Where The Treasure Is Not Hidden

YOGA "IN-CURSION" WITH CHANDRAKANT  
It's very important to know the "way" to go  
in order to arrive at your destination

This "in-cursion" is designed to "change your awareness about yourself" through a combination of understanding and experience and to "reset the way" you practice any style of yoga.

This "reset" will include:

- Directions from the "old maps"; yogic texts.
- Specific pointing exercises to enter into the state described as "yoga".
- Amrit Method Yoga Nidra
- The Amrit Method "perspective" applied to yoga postures

Where: Yoga Ananda Studio, 4154 Herschel St, Jacksonville, FL 32210

When: Friday, June 25, 2010, 6:30-9:30pm

Cost: \$25

To Register: [info@yogaanandastudio.com](mailto:info@yogaanandastudio.com) or 904-680-7344



Chandrakant has studied and practiced yoga and mediation with Yogi Amrit Desai for over 35 years. A senior teacher and seminar leader at the Amrit Yoga Institute, he is skilled at blending his understanding and experience into simple, engaging teachings. He presents these programs nationwide to the yoga world and to corporations, universities, service and recovery programs and hospitals as Integrative Relaxation