



FROM THE ASHRAMS OF INDIA TO THE YOGIS OF LA

May 30 - June 21, 2016

EXPERIENCE THE SECRET TEACHINGS OF THE HIMALAYAN MASTERS

SPECIAL OFFER! JUNE 18/19 BRING A FRIEND AND SAVE

• Bring 1 person, save 20%
• Bring 2 people save 40%

• Bring 3 save 60%
• Bring 4 save 80%

BRING 5, YOU COME FOR \$1

NAAM YOGA® LA presents

YOUR RETREAT TO INDIA WITHOUT LEAVING LOS ANGELES

with World Champion, Renowned Masters' Trainer, Yogi Sunil Dahiya

MORNING ASANA 7:30AM-8:50AM

MONDAYS, WEDNESDAYS & THURSDAYS | \$25

REGULAR CLASSES

FREE FOR MEMBERS/ \$19 NON-MEMBERS

MONDAYS 7:00-8:15PM

Sukshma Vyayama (Post Work Stress Relief)

FRIDAYS 5:30-6:45 PM (*5:00-6:15PM, JUNE 3)

Naam Yoga Asana

SATURDAYS 10:30-11:45 AM

Sukshma Vyayama (All Levels)

WORKSHOPS & TRAINING WEEKEND

Take a single class, weekday or weekend workshops or a training. For individual event details and pricing see reverse.

MORE DETAILS VISIT NAAMYOGA.COM/YOGISUNIL



All levels welcome!





World Champion, Renowned Masters' Trainer, Yogi Sunil Dahiya

IMMERSE YOURSELF... NOW YOU CAN STUDY IN INDIA WITHOUT LEAVING LA

WITH ONE OF THE MOST CELEBRATED, CHAMPION YOGIS, SUNIL DAHIYA

Having studied yoga formally since the age of 2, and having been apprenticed to many of the greatest yogis in India, Sunil is a living breathing yogi of the classical tradition. A reigning yogic champion from 1997-2006, Sunil is certified by the government to teach 6 levels of teacher training in India. (In India, the most basic government certification requires over 2000 hours of study compared to 200 in the US). Most importantly, Sunil is a lineage holder of Sukshma Vyayama Yoga through Bal Mukhand Singh Ji, Swami Dharendra Brahmacharya, and Sri Maharishi Kartikeya Ji. Most of the well known Indian yogis including many of the most famous teachers that we know about in the United States went to study at the Ashram run by Swami Dharendra to learn some of these secrets and his teachings are the authentic wellspring which allowed Sunil to master asana, as well as the very secret lineage of *Sukshma Vyayama* – the yogic building principles of the subtle, energy body.

May 30 - June 21, 2016 All levels welcome! MORE DETAILS VISIT NAAMYOGA.COM/YOGISUNIL

MORNING ASANA

MONDAYS, WEDNESDAYS & THURSDAYS 7:30-8:50AM

Drop-in classes \$25

Start the day with a strong yoga practice and set yourself up for a successful day. These classes include inversions, twists, back bends, and include personalized attention in your postures.

WEEKDAY WORKSHOPS

MON, WED, THU & FRI 2:30-4:30PM

Drop-in classes \$10 members/ \$19 non-members

MON, MAY 30 STRESS BUSTER

WED, JUNE 1 BACK CARE

THU, JUNE 2 SUKSHMA VYAYAMA - PART 1

FRI, JUNE 3 YOGA FOR WOMEN

MON, JUNE 6 YOGA FOR WEIGHTLOSS

WED, JUNE 8 BACKBENDS

THU, JUNE 9 SUKSHMA VYAYAMA - PART 2

FRI, JUNE 10 YOUTH, BEAUTY, ANTI-AGING

MON, JUNE 13 PRANAYAM & RELAXATION

**WED, JUNE 15 YOGA FOR HEALTHY AGING -
MEMORY, BALANCE, COORDINATION**

THU, JUNE 16 SUKSHMA VYAYAMA - PART 3

FRI, JUNE 17 POWER YOGA

WEEKEND WORKSHOPS

SATURDAYS & SUNDAYS 5:30-7:30PM

Drop-in classes \$25 members/ \$30 non-members

SAT, JUNE 4

**THE YOGA OF BEING FEARLESS, STRESS-FREE AND
CONFIDENT**

SUN, JUNE 5

THE YOGA OF BEAUTY, PURIFICATION AND VITALITY

SAT, JUNE 11

THE YOGA OF DETOXIFICATION

SUN, JUNE 12

PRANAYAM, RELAXATION & RESTFUL SLEEP

TRAINING WEEKEND JUNE 18 & 19

SATURDAY & SUNDAY 1:30-7:30PM

\$300 members/\$500 non-members

THE POWER OF THE SUN

SUKSHMA VYAYAMA, SUN SALUTATIONS, AGNISAR & MORE!

with Yogi Sunil Dahiya & Naam Yoga Therapies Training Team

In many yogic traditions, the Sun Salutation is one of the foundations of the practice. All great civilizations have honored the Sun as a source of nourishment and held it in high spiritual regard. This training weekend is perfect for Yogis of all Levels, and especially for Teachers who wish to expand their knowledge of the Sun Salutation, Sukshma Vyayama and Agnisar.