



Chander Yoga is a comprehensive style of Yoga - **unaltered, undiluted** and **authentic**, and is taught the same way as it was taught in the **Himalayas** (the Origin of Yoga) in Ancient India. Unfortunately, In recent decades Yoga has gone through dilution, alterations and modifications. Chander Yoga takes this opportunity not only to educate advanced yoga teachers but also to help the beginners to intermediate level practitioners.

SEP 28, 2013

Highlights

Chander Dhall will walk you through a series of pranayama/asana combinations. Once the group energy is uplifted and the individuals are in sync, Chander will introduce chanting and dharana/dhayana. This will be followed by a trimmed down version of the authentic Himalayan Sanjeevini kriya. Then after little bit of Raja Yoga meditation Chander will initiate the pupils into Yoga Nidra.

Register here www.TheGratefulYogi.com

Or <http://ChanderYogaVegas.Eventbrite.com>



CHANDER YOGA



THE GRATEFUL YOGI
yoga. kirtan. community.

**Yoga workshop
with a Yogi from
Himalayas**



**Once in a lifetime
opportunity. Don't
Miss it**

**Authentic
Himalayan Kriyas**

VENUE

8550 West Charleston
Blvd. Suite 110 Las Vegas,
NV 89117

www.ChanderYoga.com

Saturday Sep 28, 2013
2pm-5pm