



Program
21, 23 and June 25, 2016
Jaya Yoga Vedanta Centre
on the occasion of International Day of Yoga Celebration

Tuesday, June 21:

Jaya Centre is opening for the public : Kriya beginner yoga classes from 16:45 and Hatha Yoga for all levels from 18.30 depending on availability.

If too many people, students of the center Jaya testify and answer questions from visitors or make them practice in a workshop.

Conditions:

Open to all, no participation but advance registration preference.

Thursday, June 23:

at 18:30

-Dhyāna, Deep and silent meditation of 1 hour Jaya Centre.

The statement of the meditative practice of the day will be given by beginner exercises, intermediate and advanced, followed by

-Conference "Silence path of Self-knowledge" given by Jaya Yogācārya.

-the art of interiority - advanced practices of concentration and wakefulness of meditation and Kriya Yoga - Mauna practice the vow of silence that made the master Sri Sri Sri Yogi Satcidānanda Madras for more than forty years.

Saturday 25 June:

Big silent march to the forest road Bélouve.

Open to all

Program :

6:30: 1st carpooling from the center Jaya

6 Freedom Square in Ste-Clotilde- 0262730400

7:30 am: meeting hall of the plain of palm
and the second car-if necessary.

8:30 am: start of the walk: the parking barrier early forest road

The march will take place in stages and in complete silence until the end of the program.

Departure: taking the silence and interiority state.

The first part of the walk: royalty rate until the first step.

Step 1: sitting or standing technical awakening: trataks (Trataka - visual concentrations, and Raw activations Ajna chakra, the inter-superciliary point), pranayama (pranayama - breathing techniques and awakening of prana, energy) solar mudras (mudrā - sacred gesture, esoteric techniques).

2nd part of the walk:

a) Fitness walking and synchronized extremely slow for a while with pratyaharas guidelines (Pratyahara - sense withdrawal) and pranayama. Possibility to join it or to remain free march.

b) Reversal of free market for all.

Step 2: Solar esoteric techniques, energy exercises and awakening of the senses, tantric mudras.

3rd part of the walk:

a) Fitness walking and synchronized extremely slow for a while with pratyahara guidelines and plays the Sabda, sound. (Accompanying a natural sound support). Possibility to join it or to remain free march.

b) Reversal of free market for all.

Third stage and final stage:

a) Dhyāna, meditation 45 'with directives of meditative exercises beginner level, intermediate and advanced given by Jaya Yogācārya.

b) Conference "spiritual journey" by Māheśvarī Yogācārya.

c) Introduction to personal and secret solar mudrā (request)

d) Break the silence by the mantra Mahāmṛtyuñjaya

e) picnic friendly.

End of program and return.

The address:

Jaya Yoga Vedanta Centre

6 Liberty Square

97490 Ste-Clotilde

0262730400