

Kriya Yoga Practices for Deep Meditation

with Dr. Mahesh Mangalick



Saturday, June 16, 2018

1:00-3:00pm

\$35 by 6-15 / \$40 on 6-16

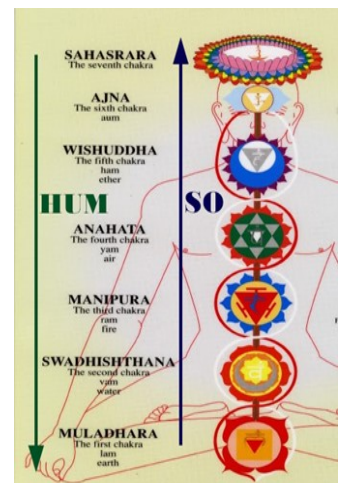
In the sixth century AD, Guru Gorakhnath taught So'Ham practice for deep meditation along with Ajapa Japa, or "Effortless Chanting". Anahat Naad ("Unstruck Sound") becomes audible to those who chant So'Ham.

Kundalini, Tantra, and Yoga Philosophy will all be highlighted during the workshop to emphasize the effectiveness of So'Ham Meditation. This workshop is open to everyone.

***1:00 pm-1:55pm Preparation: Kundalini/Tantra Philosophy**

***1:55 pm -2:05pm Break**

***2:05pm -3:00 pm So'Ham meditation with Kundalini/Tantra practices**



Lifelong yoga practitioner, *Mahesh Mangalick* received his Ph.D. from the University of Notre Dame, and a M.S. Management from Case WRU. After practicing as a scientist and businessman, Dr. Mangalick retired fifteen years ago. He is the author of books on Selfless Service (SEVA) and Yoga and Meditation, and now guides students in Yoga, Pranayama, Kundalini Tantra and Kriya Meditation ways at his yoga studio, Patanjali Yoga Meditation Center, Phillipsburg NJ.



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