



Vivekananda Vedanta Society of Chicago

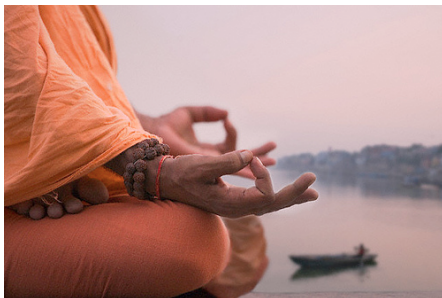
NEW 2015

Yoga and Meditation Programs



About us

We are proud to offer authentic Yoga and Meditation programs to the community at very low prices for the benefit and goal of radiant health, happiness and peace of mind.



Weekly Yoga and Meditation Classes:

We offer on going 10 week courses that are taught by trained, experienced and certified yoga instructors. Classes are designed for all levels of ability. Please see reverse side for dates, times and descriptions.

10 classes for only \$50

Workshops and Retreats with Senior Instructors:

- “Yoga, Meditation and Health”
- “Move Forward in Life By Removing Resistance and Overcoming Obstacles”
- “Yoga Nidra-Deep Relaxation”
- “Yoga for Depression”
- “Yoga Psychology of Personality”
- And more.....

***Yoga Alliance CEUs available for registered Yoga Instructors



Contact us

Phone: 708-301-9062 | Email: info@chicagovedanta.org | Web: chicagovedanta.org



Foundation A (open to all)
Fridays 6:00-7:30pm
January 2-March 6
\$50

This is a good class for those with injuries or health issues where the typical "beginner class" may still feel rushed or not appropriate. Many practices can be modified and done while sitting in a chair. Classes focus on opening the joints, developing strength and awareness so that one can move into advanced practices with better alignment and attention to finer details. You will be introduced to:

- Pawanmuktasana 1 and 2 (for joint and digestive health)
- Basic breathing methods
- Yoga Nidra -deep guided relaxation
- Seated meditations such as 'Kaya Sthairyam'-Body Steadiness



Foundation B (open to all)
Sundays 8:00-9:30am
January 4-March 8
\$50

Foundation B builds on and revisits the practices learned in Foundation A and focuses on developing hip flexibility, core strength and upper body strength, preparing students for the rigors of Foundation C. You will also be introduced to:

- Pawanmuktasana 3 -Shakti Bandhas- (for increased energy, vitality and hip flexibility)
- Introduction to modified Sun Salutation
- More Classical Asana
- Lung expanding, Balancing and Tranquilizing Breathing Practices
- More advanced levels of 'Kaya Sthairyam'- Body Steadiness Meditation
- OM chanting
- jala neti - a purification practice to keep nasal passages and sinuses well functioning



Foundation C (experience and permission needed)
Tuesdays 6:00-7:30pm
January 6-March 10
\$50

Foundation C builds on and revisits the practices learned in foundation A and B courses. This course requires a healthy

back, core strength, and upper body strength to perform fully and safely. You will also be introduced to:

- Flowing Sun Salutation-Surya Namaskara
- Classical Asana
- Balancing, Tranquilizing and a Vitalizing Breathing Practices
- 'Antar Mona'- Inner Silence Meditation
- 'Trataka'- meditation practice of 'Gazing Steadily'



Meditation through Yoga (open to all)
Sundays 10:00-11:00 am
January 4-March 8
\$50

Meditation through Yoga starts with Vedic chanting. We will then delve deep into various techniques of Vedic and Raja yoga meditation. Aphorisms from

Patanjali Yoga sutras, Upanishads, Rigveda, and the Bhagvad Gita will also be discussed during the class. Asanas, Pranayama, and Pratyahara will regularly be practiced during the class, and will serve as a preparatory base for meditation. These practices will help to bring about clarity of mind, provide a deeper understanding of meditation, and are powerful tools to enlighten the soul. The class will end with the chanting of Aum (the eternal sound of the universe) coupled with the gentle accompaniment of Himalayan music bowl. Natural soundscapes and meditative music will be played to facilitate the process of meditation. The ultimate goal of these classes is to fix the mind upon the inner light of consciousness, which is beyond all sorrow.



Yoga, Meditation and Health
4 hr Workshop
Saturday, January 10
2:00-6:00pm
\$60

Led by Yoga Teacher and Therapist with 35 years of teaching experience

An easy-to-understand, easy-to-do, highly therapeutic Holistic Yoga Practice will be followed by lecture and Q&A session.

Lecture will explain how properly administered and correctly performed yoga and meditation work, what physiological changes take place in the body during the practice, what differentiates yoga from other forms of exercise, how and why meditation can help where other counseling, such as talk therapy and psychoanalysis may show limited or no results.

****Please bring questions about personal health**

issues to be addressed in lecture

****Practices can be modified to be done in chair**



Move Forward in Life by Overcoming Resistance
&
Yoga Nidra and the Art of Relaxation
1 Day Yoga Retreat
Saturday, February 7
\$



SATYANANDA YOGA

Part 1: Most of us know what we should do to be healthier and happier, so why don't we do it? This Retreat explores the source of resistance and how to take a step by step approach to overcoming it. Theories of antar karana (parts of the mind), samskaras (past impressions) and prana (life force) are discussed to give the student more insight and strength to facilitate true change in life.

Part 2: Relaxation is a lost art in our demanding, multitasking society. True relaxation involves more than resting the body. It includes letting go of the thoughts, emotions and deeply held impressions within the mind. Satyananda Yoga Nidra® is derived from an ancient tantric technique and has been developed over the past 50+ years by teachers around the world. This technique not only helps to release stress, but aids in physical healing and transformation of the personality.

*****Yoga Alliance CEUs available to registered Yoga Instructors for all Workshops and Retreats**

****Please Pre pay at least one week prior to starting dates**

****Register on line at www.chicagovedanta.org or send check to: Vivekananda Vedanta Society of Chicago 14630 Lemont Road Homer Glen, IL 60491**