



## The Secret Power of Yoga



with **Nischala Joy Devi**

A Woman's Guide to the  
Heart and Spirit of the Yoga Sutras

**29 October - 2 November  
2008**

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### *The Secret Power of Yoga*

*This extraordinary "one of a kind" workshop provides a unique opportunity to gain knowledge of and reinterpret Patanjali's Yoga Sutras from a heart-centered, intuitive, feminine perspective. We will explore how **The Secret Power of Yoga** takes a fresh look at various previous translations and interprets them in a new light, using "English of the heart" rather than the more conventional offerings that rely on "English of the mind".*

*It is time to understand the secrets of this sacred text in ways that resonate with our experience in today's world. You may have originally come to Yoga for its powerful health and strengthening benefits; it is now time to partake in the unfathomable sense of peace, emotional and spiritual enlightenment that is our birthright.*

#### *We will intuitively explore:*

- *An ancient way of learning from Vedic times in three parts Sravana (listening); Manaana (reflecting); and Nididhyasana (experiencing);*
- *How to rediscover the essential wisdom of the Yoga Sutras from a heart perspective;*
- *The venerable paths of Bhakti Yoga (Devotion), Karma Yoga (Service), Jnana Yoga (Wisdom) and Hatha Yoga (Physical) that are woven into the Yoga Sutras;*
- *How to use the great wisdom of the Yoga Sutras to develop meditations and simple practices inviting this sacred text to bring peace and joy into our daily lives;*
- *Lively and insightful group discussion;*
- *How to live from our hearts, in harmony with others.*

*Whether you are a long-time student of the Sutras or this is your first exposure, you will revel in discovering your own inner wisdom.*

*Nischala Joy Devi is a masterful and compassionate teacher, internationally renowned since 1974. She was graced to spend over 25 years as a monastic disciple with the world renowned Yogiraj Sri Swami Satchidanandaji, receiving his direct guidance and teachings. She also was blessed with teachings of great Yoga masters in US, India and worldwide. Her landmark research in pioneering Yoga for life-threatening diseases, Dean Ornish's Program for Reversing Heart Disease and Commonweal Cancer Help Program, culminated in the creation of her Yoga of the Heart® certification course for teachers and health professionals. Author of several CDs, *The Healing Path of Yoga* and *The Secret Power of Yoga, A Woman's Guide to the Heart and Spirit of the Yoga Sutras*. Nischala Devi's teachings reflect a heart-centred perspective of spirituality and scripture.*



**Price for 5 days:**

**Course: 200€**

*(20% discount for Yoga teachers)*

*Course begins 15.00hrs on Wednesday 29 and finishes 17.00hrs on Sunday 2 November.*

**Optional (Accommodation & Meals)**

**Accommodation from: 60€-100€**

*(depending on single or double occupancy).*

**Meals: 100€**

*(please advise of special dietary requirements)*

*If you require accommodation and meals, please book plenty of time in advance to secure a space.*

*In addition to the course, Hatha Yoga will be offered in the mornings and Satsang in the evenings.*