



His Holiness
Swami Rajarshi
Muni



2 Week Transformation Yoga Course in India - January 10th - 24th, 2012

Join us at Life Mission India Headquarters, Rajrajeshwardham, Limbdi, Gujarat, India, for a 2 week course in the authentic Yoga of India. The course includes lectures on the history and the scientific basis of the classical Yoga of India as founded by the wisdom of the Rishis and Yogis of ancient India; engaging in the light practice of yoga asanas; and engaging in the practice of Pranayams (Yogic Breathing Techniques) and Meditation under the expert guidance and supervision of Swami Satyanand and the senior Yoga and Ayurved teacher at the Lakulish Institute of Yoga, Mr. J. K. Patel. The course will also include the teaching of dietary and Ayurvedic techniques for the prevention and treatment of many common diseases.

In addition, you will have the very rare opportunity to have the darshan of one of the world's foremost and advanced Yogis, Swami Rajarshi Muni who has written many books based on his 41 years of intense practice in Yoga, including such english titles as Classical Hatha Yoga; Divine Body Through Yoga; and One Yoga, Many Names, to name only a few. You will also have the opportunity to partake in the centennial celebration of the Lakulish lineage.

The course is designed to achieve one's personal transformation. You will return home ready to embark on a daily regimen that will continue the transformative phase of your life that the course has set you on.

The course is provided in a very friendly and relaxed manner. You will not only be treating yourself to a life changing course, but also to a relaxed vacation in exotic India. Very comfortable accommodations are provided as well as delicious and well prepared fresh meals.

Guests are picked up and returned to Ahmadabaad Airport where domestic jet flights connecting from and to International flights at Mumbai and New Delhi are not only regular and numerous, but also very economical. The cost of the course including room and board is \$1200 U.S.

To register for the course, kindly contact:

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