

## workshops at Yoga off Broadway

### TOOLS FOR SUCCESSFUL RELATIONSHIPS (PART 2)

We continue from last year's study of relationships. The art of maintaining successful relationships is an ancient and profound one. An art a few of us have been taught. Based on Hindu philosophy and mysticism this workshop shares with you the tools and principles that help make a relationship successful. Part 2 focuses primarily on couples and families. Singles are welcome and will find it useful.

Among the topics explored are

- the 8 rungs to adultery
- relationship goals
- the art of listening
- the first reaction
- home, the extended office
- circles of protection and more

**When:**

Sat, 11 Sept 2010  
4:00pm to 6:30pm

### YAMAS, NIYAMAS & THE BASIC LAWS OF TRANSMUTATION

**Yamas & Niyamas:** The first two steps on the yogic path, the Yamas (restraints) and Niyamas (Observances) must be part of the yogi's lifestyle before proceeding to the practice of Asana (postures). They stabilize the yogi's life and lay a solid foundation on which he can proceed inward on.

**The Basic Laws of Transmutation:** As a yogi leaves his instinctive nature and unfolds spiritually, the sex force must be understood, brought under his conscious control then transmuted. It is an essential art to master for unfoldment of one's inner nature. The transmutation of the sex forces is the key to youth, happiness and creative living.

For more information, visit [www.VedicOdyssey.com](http://www.VedicOdyssey.com)

**To Reserve**

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**Cost**

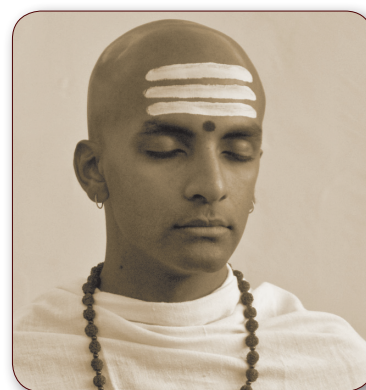
\$35 pre-registered or \$40 at the door per workshop  
\$60 for both workshops  
(cash or checks only). Because of limited seating, we suggest reserving your seats in advance.

**Where:**

Yoga off Broadway

127 E Third Street, Eagle, CO

[www.YogaoffBroadway.org](http://www.YogaoffBroadway.org)

**Presenter**

Hindu priest and meditation teacher, Dandapani lived for 10-years as a monastic at Kauai's Hindu Monastery in Hawaii, USA, studying and practising the ancient Hindu yogic teachings that focus on the use of meditation, yoga, and worship of God as the keys to unfolding a person's deepest potential through personal self-effort. Dandapani currently resides in New York City and conducts workshops and spiritual adventures in the US and abroad. See website for the upcoming spiritual adventure to the Himalayas (Nepal and North India) in October 2010.