



Harmony for Body, Mind and Soul

## **Yogic Cleanse Day Hatha Yoga Kriyas Sundays on 13 Sept & 15 November**

**“Hatha Yoga starts with Hatha Yoga Kriyas “ Hatha Yoga Pratipika**

**The Hatha Yoga Kriyas present a whole body purification self help program, which are helpful in the prevention of many illnesses.**

**Starts:** 8.00 am

**Venue:** Yoga in Daily Life, 80 Sixth Ave, Maroochydore

**What to bring:** Towel, change of clothes and your Neti pot (They are available to purchase or borrow on the day). Bring shoes that you can easily slip on and off and a container (for Food). Wear comfortable clothes for practising Yoga.

**Please note: Your last meal is Saturday lunch! After that liquids only! (without milk on Sunday am)**

We recommend that you read the chapters in the Yoga in Daily Life book on the Hatha Yoga Kriyas. (pp 352 – 363).

### **Program for Hatha Yoga Kriyas**

8.00 am	Introduction
8.30 am	Agnishar Kriya / Nauli – Turning of the abdominal muscles
9.00 am	Shanka Prakshalan Kriya – Complete cleansing of the intestines
11.30 am	Dhauti – Purification of the Esophagus and Stomach and Neti – Purification of the nose
12.00 pm	Kapala bhati Pranayam
12.15 pm	Yoga Nidra - Relaxation
1.00 pm	Special Meal and Dietary guidelines
1.30 pm	Finish of Program

Please book your space as numbers are limited.

If you have any questions please call the centre on **5479 4833** or email us on:

**[sunshinecoast@yogaindailylife.org](mailto:sunshinecoast@yogaindailylife.org) or [tyagapuri@yogaindailylife.org](mailto:tyagapuri@yogaindailylife.org)**

Cost: \$90 or \$70 concession. A Recipe booklet is included in the price. Extra copies are available for \$10. Repeaters fee is \$80 or \$60

**Pay via bank transfer to Yoga in Daily Life Sunshine Coast,  
BOQ BSB 124 042 Account number 22336740**

Please note that payment of the full amount or a deposit of \$40 secures your place (Please note that the deposit may not be refundable in the case of cancellation less than 72 hours before the workshop) The workshop takes place with a minimum of 4 and a maximum of 8 participants.

Best wishes for a successful practise

Yoga in Daily Life Sunshine Coast