



# AMRITA YOGA

*Awareness in Every Action*

## Yoga for Life

HALF-DAY YOGA RETREAT • ASANA CLASSES

PRIVATE THERAPEUTIC SESSIONS

with Bri. Shobana

Disciple of Amma

April 22-24 2018 in Los Angeles Area  
(Redondo Beach & Granada Hills)

Open to the public

Please visit [www.amma.org/macla](http://www.amma.org/macla) for schedule, locations and pricing.



## Brahmcharini Shobana

Brahmcharini Shobhana, PHD, is an award-winning yoga practitioner and teacher who has dedicated her life to the pursuit of authentic yoga as a monastic in Amma's ashram. Under Amma's direct guidance, as director of Amrita Yoga® since 2004 she has taught more than 2000 workshops, classes and retreats to people from all over the world. Specializing in bridging the gap between ancient traditional Eastern practice and the practical needs of yoga in the West, Bri Shobana is one of only 12 members on India Government's Committee for Yoga Education, which forms the curriculum courses in Indian universities.

## Amrita Yoga®

Amrita Yoga was born from the divine resolve and unconditional compassion of renowned spiritual leader, humanitarian, Maha Yogini, Satguru Sri Mata Amritanandamayi Devi (Amma). A traditional school of Hatha Yoga upholding Vedic principles, Amrita Yoga incorporates Amma's teachings and integrates the four different paths of yoga, cultivating physical, mental and spiritual upliftment. Focussing on awareness with heart-centered intention, the goal is to transcend the physical asana practice to deepen your own self awareness and the inter-connectedness of all life.

**"Yoga is for our inner well-being. It does not belong to any particular faith or religion."**

– Amma



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