



Introduction to Shatkarmas - yogic cleansing techniques:

Laghoo & Neti, 7 am - 10 am, intestinal wash & nasal rinse, includes Neti pot, written instructions, yoga nidra and breakfast, \$45

Neti, 8.30 - 10 am, nasal rinse only, includes Neti pot, instructions & relaxation, \$25

20th March, 60b Regent St., Silverdale,
Bookings: info@shraddha.org.nz

Laghoo Shankaparakshalana

Laghoo is the short version of Shankaparakshalana. It involves drinking some warm salty water first thing in the morning, and doing a series of simple asanas. The result is a thorough intestinal wash that helps to cleanse the gastrointestinal tract, alleviating constipation, wind, acidity, indigestion and other ailments. It also stimulates and balances Agni, the digestive fire.

Neti

ancient techniques have been developed to eliminate waste products from our physical bodies (Shatkarmas). One of these is the practice of NETI (nasal rinse). Neti cleanses the nose, nasal passages and sinus cavities. Practised daily, Neti assists to counteract the effects of cold, pollution, dust and pollen, and helps with snoring problems. It can also help with nasal congestion, infections, pressure, asthma, headaches, giving-up smoking, post-nasal drip or low immune system. It is ideally practised before breathing practice, meditation or relaxation.



- Laghoo practice
- Introductory talk about Shatkarmas
- Neti & Laghoo instructions, verbal and written
- Neti practice
- **SATYANANDA YOGA NIDRA[®]** practice

Bookings are essential as the venue has limited space! Please wear comfortable clothing and bring a mat, blanket and cushions to the session.