



Introduction to Shatkarmas - yogic cleansing techniques:

## Neti - nasal rinse

20th March, 8.30 to 10 am, 60b Regent St., Silverdale,  
\$25, incl. travel neti lota (for an additional \$25 a NZ-made, ceramic  
neti pot is available instead)

Bookings: [info@shraddha.org.nz](mailto:info@shraddha.org.nz)



Many 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.

Course costs include 1 Neti pot, instructions & handout and a deep relaxation session:

- Introductory talk about Shatkarmas
- Neti instructions, verbal and written
- Neti practice
- **Satyananda Yoga Nidra<sup>®</sup>** practice

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