



Shraddha—Yogic Lifestyle Education Trust

www.shraddha.org.nz

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Introduction to
Vihangam Yoga

with **Susheel Kawaldar**

Wednesday 7th July 2010, 2 - 3 pm

Venue: to be announced

Bookings: Samadhimurti 07 - 858 3445

Cost: free

Suitable for beginners as well as more experienced practitioners.

Bookings essential—spaces are limited!

Please wear comfortable clothing and bring a mat and cushion.

Vihangam Yoga is also known as *Brahmavidya* in the Indian most ancient scriptures and Vedas. "*Vihangam*" literally means "bird". Just as a bird leaves its base on the earth to fly high in the sky, so does *Vihangam Yoga* enable the human Soul (Atma) to cut off its moorings in Prakriti (phenomenal world) and realise its true and free nature.

Susheel has been practising Vihangam yoga meditation since 1995 and is an authorised teacher of this technique. He will be leaving New Zealand at the end of July and has generously agreed to come to Hamilton to share his knowledge with us. He will explain the technique, offer a different interpretation of the revelation chapter in the bible and teach a 10 minute practice as well as be available for a short question and answer session. It is said that if practised regularly for 10 min in the morning and 10 min in the evening, daily, it will give all the practical knowledge of every spiritual word heard until now.