

ANI PASANG - GREEN TARA PUJA *\$20 suggested donation.

Tara Puja is done every morning in most Buddhist monasteries and nunneries in the Himalayan region. It is recognized as being a powerful practice to generate goodness, and purify negativity associated with illness and obstacles. Ani Pasang will chant in the Tibetan language and the mantra is in Sanskrit. The intention and very vibration of the words will have a profound effect.



LINDA CURRY - HERBALISM free

Herbal healing empowers individuals to have information to work with any ailments that may come up in life. Simple, inexpensive solutions are at your fingertips to naturally heal yourself and you family, keeping your immune system strong and



KATHY SHIMPOCK - SYMBOLS & THE SUBCONSCIOUS MIND free

Kathy will lead us in a guided energy balance



RON GLICK - AYURVEDA free

Ayurveda, the oldest continuously practiced medical system, is from India. It is designed to enliven the body's inner intelligence. The goal of Ayurveda is to live in accordance with the natural law and understand through direct experience one's unique expression of existence. An introduction to the basic theories of healthy living, proper diet, detoxification, seasonal habits, daily routine, disease prevention and treatment will be discussed.



PRAVRAJIKA AKHANDA-PRANA *Donation suggested
YOGA, THE GITA & PRACTICAL VEDANTA

Yoga has its roots in the Bhagavad Gita and Vedic Upanishads. Learn what practical messages they offer us in the 21st century.



MAX HECKARD: BIJA -THE SANSKRIT ALPHABET free

The basic sounds and their origins will be experienced.

Friday nights 6:30pm

Archana Yoga
914 South 132nd Street
Gilbert, AZ
480.899.8878

June 19

Ani Pasang
Green Tara Puja

June 26

Linda Curry Herbalism.

July 10

Kathy Shimpock
Symbols & the Subconscious

July 17

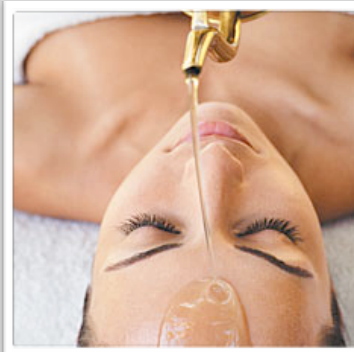
Ron Glick Ayurveda

July 24

Pravrajika Akhanda-prana
Yoga, the Gita & Practical
Vedanta

July 31

Max Heckard
Bija: The Sanskrit Alphabet.



S.E.L.F STIMULUS PACKAGE

Spirituality, Education, Learning & Fun 2009

Join us for free talks on Ayurveda, herbs, Yoga, the Gita, Vedanta, the Sanskrit alphabet, symbols and the subconscious mind, and observe a Green Tara puja. What better way to realize the Self!

All events are free and are held at Archana Yoga in Gilbert, AZ. Pre-registration is requested.

