

THE SOURCE TEACHINGS OF YOGA

DECEMBER 0TH & 0TH, 200X

**A WEEKEND WORKSHOP
EXPLORING THE WISDOM OF THE ANCIENT HIMALAYAN SEERS.**

THE VEDAS OF ANCIENT INDIA ARE THE UNIVERSAL ROOT OF MUCH OF THE
WORLD'S MYSTICAL TRADITION. THEY CONTAIN A COMPLETE SYSTEM OF
SPIRITUAL SCIENCE WHICH INCLUDES ALL THE PRACTICES OF YOGA.

Yoga, Ayurveda, Vedanta, Meditation, Jyotish, Karma, Bhakti, Shiva, Shakti,
Mantra, Tantra, Kali, Durga, Ma - All these ideas, concepts and practices come
from the Vedas, into our modern world.

The source teachings:
The 4 Vedas and 6 Darshans

Sitting at the Knee of the Master:
The Upanishads and Vedanta

The Song of God:
The Bhagavad Gita

The Raja Yoga Path:
The Yoga Sutras of Patanjali

Living a Vedic Life-style:
Ayurveda, Jyotish, Vastu, Tantra

Facilitator: Ed Zadlo D.Ay (Acharya Premananda) is one of the most experienced teachers of Yoga in
its broader and deeper applications that one can find in America today. He is a Certified Ayurveda
Practitioner, Integral Yoga/Ayurveda Therapist and Acharya of Yoga/Vedanta, Ayurveda and Vedic
Dharma. He has had an Ayurveda practice for over 14 years, and has offered trainings in Ayurveda,
Meditation and the Inner Practices of Yoga for over 25 years.

**Yoga on Main
4363 Main St. Manayunk, PA**

\$75.00 per day or \$130 for the whole weekend.

**Call 215-482-7877 to register.
www.yogaonmain.com**

