



Yoga Variations, LLC

Reduce Stress  
Increase Energy  
Relax and strengthen Your Body

## Hatha Yoga - Kriyas Practice

Come join us for unique Hatha Yoga **KRIYAS** practice, designed for individuals who want to learn cleansing processes, to eliminate toxins and impurities from within the body. This workshop is appropriate for the absolute beginner and as well as experienced practitioner.

### What are Kriyas?

Yoga science gives equal emphasis to a few cleansing processes, as it does to asanas and pranayama. To gain maximum benefit from yoga exercises, cleansing of the body systems is essential. Without eliminating toxins and impurities from within the body, the effects of appropriate yoga exercises are not ensured. Ancient yoga masters have described six scientific yoga techniques known as 'Shat karmas' or 'Shat kriyas' to get body cleansing. These techniques are not only important from normal physical and mental health point of view, but also they are much valuable in healing several psychosomatic disorders. The following six purificatory exercises (kriyas) constitute the Shat kriyas.

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|-----------|----------|----------------|
| 1. Neti   | 3. Nauli | 5. Kapal bhati |
| 2. Dhauti | 4. Basti | 6. Tratak      |

### **What will we learn?**

**Neti** - Jala Neti and Sutra Neti (using a warm saline solution and neti pot to cleanse the nasal passage, also learning to use the small plastic tube to cleanse the passage as well.

**Dhauti** - Vaman Dhauti, drinking a warm saline solution and bringing the water back up to cleanse the stomach and esophagus

**Kapal Bhati** – It is a technique of pranayama.

**Tratak** - The practice of trataka involves gazing at a point or at a particular object without blinking the eyes at all. In other words it is a process of focusing the eyes at a point and in turn to concentrate the mind also at that particular point. The point of gazing and concentration may be external (outside the body) or internal, while maintaining self-awareness. Practice of this technique yields the enhanced attention capacity and concentration power.

**When:** June 16, 2012 at 8:30 – 10:30 AM  
**Where:** SADHU VASWANI CENTER, 1827 Bridge Street, Dracut, MA 01826.  
**Donation:** \$30.00 (\$40 After June 9, 2012)  
**What to bring:** A small towel.  
**Call to Register:** Vijay Chitra at 603.557.8813 or  
E-mail: [info@yogavariations.com](mailto:info@yogavariations.com) , Website: [www.yogavariations.com](http://www.yogavariations.com)

**Note:** Please bring Neti pot and Cathedrae, if you already have one.  
**Neti Pot and Cathedrae will be available at nominal cost.**

### **Preparation for the class:**

Bring a yoga mat and/or a large towel.  
Yoga Kriyas must be done on empty stomach and preferably empty bowels.  
Wear loose, comfortable clothing that does not restrict circulation.  
Refrain from eating a meal before the class.

### **Directions From I-93 N/S:**

Take Exit for Rt. 495 South and Take Exit 38 for Rt. 38 North. Travel approx. 5-6 miles on Rt. 38 North, at Rotary go about 3/4 of the circle and stay on Rt. 38 North, take right at traffic light (Dunkin Donuts on right), Pass sign Entering Dracut. Go straight at next traffic light (Wendys on right), stay on Rt. 38 North. Go for 1 mile (pass another Dunkin Donuts on right). About 300 feet further up, turn right into driveway at blue signboard. This is 1827 Bridge St. (across from Bridgewood Plaza) .