

1-day Workshop: Freedom from Emotional and Mental Disturbances with Rudra Shivananda



**Attain Peace of Mind in this Life &
Terminate the cycle of suffering caused by the accumulation of
negative *karma***

Learn about the Five Restraints or *Yamas* and Five Observances or *Niyamas* – what they are, why they are important, and how to practice them, in the context of Yoga for Self-realization. They should form the foundation of all successful spiritual practice, until their perfection in the highest *Samadhi* is reached. The development of the *Yamas* will lead to freedom from emotional and mental disturbances, as well as the elimination of negative *karma*. The *Niyamas* are the essential habits that develop the mental state of a spiritual practitioner, and immunize against the obstacles that prevent attainment.

From an esoteric perspective, by practicing the five restraints, the subtle body with its energy channels [*nadis*] are purified, enabling more energy and life-force to flow through them, as well as easing the upward movement of the *kundalini* through the *chakras*, or energy centers. The five observances enable the continuous absorption of *prana*, or life-force energy from the higher sources for healing and well-being, as well as the awakening of the *kundalini*. The *Yamas* and *Niyamas* are complementary to each other, and form an organic whole with the rest of the *angas* or limbs of Yoga.

Rudra Shivananda is dedicated to the service of humanity through the furthering of human awareness and spiritual evolution. He teaches that the only lasting way to bring happiness into one's life is by a consistent practice of awareness and transformation. He has committed himself to spreading the message of the immortal Being called *Babaji*. He teaches the message of World and Individual Peace through the practice of *Kriya Yoga*. As a student and teacher of yoga for over 30 years, he is a member of *Babaji's Kriya Yoga Order of Acharyas*. He is also trained as an *Acharya* or Spiritual Preceptor in the Indian *Nath* Tradition, closely associated with the *Siddha* tradition as well as a Reiki Master with expertise in the healing and spiritual uses of gemstones and essential oils. He lives and works in the San Francisco Bay area, and has given initiations and workshops in California, Colorado, Washington, Hawaii, Ireland, India, England, Japan and Spain, as well as authored four books on self-Healing: "*Chakra self-Healing*", "*Surya Yoga*", "*Breathe like your life depends on it !*", and "*The Yoga of Purification and Transformation*."

Cost of Workshop: £65.0