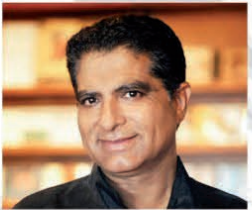


What will I learn in a *Seven Spiritual Laws of Yoga* class?

In addition to exploring the depths of your soul, you will learn:

- The spiritual law of the day
- Pranayama breathing exercises
- Strength, flexibility, and balance postures
- Sanskrit terms for poses/asanas
- Meditation techniques
- Energy-opening postures
- Infinite possibilities

Drs. Deepak Chopra and David Simon founded the Chopra Center for Wellbeing in Carlsbad, California, to offer individuals from around the world programs in stress management, mind-body medicine, emotional healing, and life transformation. They have both practiced and taught the fusion of Ayurveda with modern science for over 35 years.



DEEPAK CHOPRA, M.D.

Acknowledged as one of the world's greatest leaders in the field of mind-body-spirit medicine, Dr. Chopra continues to transform our understanding of the meaning of health and healing. The author of more than 55 books, Deepak is changing the way the world views physical, mental, emotional, spiritual, and social wellness.



DAVID SIMON, M.D.

Dr. David Simon, a board-certified neurologist, is a pioneer in mind-body-spirit medicine. Since he co-founded the Chopra Center for Wellbeing with Deepak Chopra, M.D. in the early 1990s, Dr. Simon

has become one of the world's foremost authorities on the effective and appropriate use of holistic healthcare practices. He is also the author of many popular wellness books, and continues to develop programs dedicated to helping people consciously heal and transform their lives.

To enroll in SEVEN SPIRITUAL LAWS OF YOGA class, contact:



Andrea Graham

Physiotherapist

Mobile 0418 885 041

- Paddington Classes
- Personal yoga & meditation

Andrea Graham is a physiotherapy graduate of the University of Queensland and has been practicing yoga for over 20 years and teaching since 2005.

Her initial training at Samadhi Yoga in Sydney provides her with a well rounded teaching style.

In 2005 Andrea attended a course at the Chopra Centre in California and was impressed by the benefits of the mind body approach to health especially to those with illness, injury, or disability and to those approaching later life.

In 2006 Andrea completed The Seven Spiritual Laws of Yoga training and became a Chopra qualified instructor.

Andrea attends yoga workshops and seminars within Australia and has continued to update with courses and events at the Chopra Centre. This includes a knowledge of Ayurveda and the ancient wisdom of India.

Andrea's classes are particularly helpful to those with specific physical problems as well as those wishing to find tranquility and balance to live in our modern world.

Certified by the Chopra Center for Wellbeing

CHOPRA CENTER
CERTIFIED INSTRUCTOR

CHOPRA.COM

BRING YOGA INTO YOUR LIFE

WITH THE CHOPRA CENTER'S
SEVEN SPIRITUAL LAWS OF YOGA



DEVELOPED BY
DEEPAK CHOPRA, M.D.
AND
DAVID SIMON, M.D.

CO-FOUNDERS OF
THE CHOPRA CENTER FOR WELLBEING

“Any reason for practicing yoga is a good reason.

Enhancing flexibility and releasing stress are as noble a purpose for performing yoga as the awakening of spirituality. This is the great gift of yoga – it serves and nourishes us at every level of our being and spontaneously contributes to greater wellbeing in all domains of life. Yoga will help you discover gifts within yourself that have remained unopened since your childhood – gifts of peace, harmony, laughter, and love.”

—The Seven Spiritual Laws of Yoga

BY DRS. DEEPAK CHOPRA & DAVID SIMON

If you're like millions of other people who practice yoga, you're aware that it is a wonderful way to improve your flexibility, balance, muscle tone, and endurance. Most likely, you have experienced the feelings of tranquility and vitality that flow during a good yoga session and that stay with you throughout the day. These benefits are excellent reasons to practice yoga, yet they only hint at the extraordinary and transformative power of this ancient practice. At last, *The Seven Spiritual Laws of Yoga* brings spirituality back to the practice of yoga today.



CLAIRE DIAB, DIRECTOR OF THE SEVEN SPIRITUAL LAWS OF YOGA PROGRAM

What is yoga?

The word *yoga* comes from the Sanskrit root *yuj*, meaning union. More than an exercise routine, yoga is a complete science of balanced living and a path to higher knowledge and joyful abundance. When adhered to and practiced mindfully, the yoga principles and techniques of *The Seven Spiritual Laws of Yoga* can be the keys to unlocking your full creative potential, your capacity for love and compassion, and your ability to find success in all areas of life.



What are The Seven Spiritual Laws of Yoga?

Since its release in 1994, Deepak Chopra's book *The Seven Spiritual Laws of Success* has improved the lives of millions around the world. Through seven easily understood principles, the Seven Spiritual Laws of Success teaches that harmony, happiness, and abundance are available to anyone willing to embrace a consciousness-based approach to life.

Chopra Center co-founders, Drs. Deepak Chopra and David Simon, have designed a daily yoga practice to help you unite body, mind, and spirit, bringing you into alignment with the magnificent rhythms of the cosmos.

The Seven Spiritual Laws of Yoga infuses your practice with spirit while bringing the seven laws into action each day. Every class plays a crucial role in yoga's path to enlightenment while providing you with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses.

What are the benefits of yoga?

The remarkable benefits of a regular yoga practice, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice.



PHYSICAL BENEFITS: Creates a toned, flexible, and stronger body. Improves respiration, energy, and vitality. Helps maintain a balanced metabolism. Promotes cardiovascular and circulatory health. Relieves pain and strengthens posture. Improves your athletic performance.

MENTAL BENEFITS: Helps relieve stress. Helps achieve body-centered restful awareness. Encourages positive thoughts and develops self-acceptance.

SPIRITUAL BENEFITS: Builds awareness of your body, your feelings, the world around you, and the needs of others. Promotes a deeper connection between mind, body, and spirit. Helps you experience a deeper connection to self and spirit on and off the mat.

Yoga is more than a system of physical fitness. It is a science of balanced living, a path for realizing full human potential.

How do I get started?

To take your next step towards learning *The Seven Spiritual Laws of Yoga* – please feel free to call or email your local Chopra Center–certified instructor.

Whether a newcomer to yoga or an experienced practitioner, *The Seven Spiritual Laws of Yoga* is a pathway to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.