



SARASWATI RIVER YOGA

Saraswati Vidya: The Wisdom Teachings

1st & 3rd Wednesdays of each month
12 noon—3 pm
Registration: \$100 per month or \$50 per class session

Saraswati River Yoga is excited to announce a 3-hour class for serious students wanting to come together and dive deep into practices designed to support awakening. *Saraswati Vidya: The Wisdom Teachings* will explore several modalities of transforming body and mind towards a state of freedom and beauty. Utilizing asana, pranayama, chanting, inquiry meditations and Tantric techniques like Bhutta Shuddi (cleansing of the energetic body) we will look deeply into the nature of the mind. This class will lean more towards experience than philosophy. To come together in community and do this level of work is not only a gift but very much needed in these difficult times. Practicing this way **in-group** provides a powerful matrix of support and accountability.



David Pittenger is a graduate of Parvathi (Kirin Mishra's) Saraswati River Yoga Teacher Training Program, a Registered Yoga Teacher and full time instructor. David has studied directly under Kirin Mishra for 10 years as well as studying extensively with many teachers and in many styles. He continues to study directly with Kirin in philosophy, yoga and Tantric methodology. It is David's joy and humbling life work to bring these wisdom teachings out into the world.

Register in person, online or call by phone 215-862-4520.

Workshops/Special Event Refund Policy: Cancel up to 24 hrs. prior to event and receive full credit towards SRY services or goods. Cancel 24 hrs. or less before event and receive 50% credit towards services and goods. In cases of inclement weather or documented illnesses, cancel prior to event and receive 100% credit. Should SRY cancel the workshop for any reason, all fees will be refunded in full.

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www.saraswatiriveryoga.com