

# FROM THE EVERYDAY TO THE SUPREME

## *the Pratyabhijna-hridayam*

Based on a classical tantric text from the Kashmiri tradition, the Pratyabhijna-hridayam, or "Heart of Recognition", this seminar will teach us how to recognize the most extraordinary supreme consciousness in the midst of the most ordinary.

We'll start with an expansive understanding of the unfolding of consciousness in the universe and culminate with powerful techniques for the expansion of consciousness.

Ultimately, this tradition teaches that the unfolding of inner energy brings about the attainment of supreme bliss within your own heart.

## Carlos Pomedá

Originally from Madrid, Spain, Carlos Pomedá has 35 years of experience in the study, practice and teaching of the yoga traditions.

Carlos received formal traditional training in yoga during 18 years as a monk of the Sarasvati order, 9 of which he spent in India in the Siddha Yoga Ashram, studying under the guidance of Swami Muktananda and Gurumayi Chidvilasananda.

As a teacher, Carlos is known for his love and knowledge of Indian yoga traditions; presented with humor, brilliance and deep empathy for his students.

## August 20-22

Friday 5:30pm-7:30pm

Saturday 9:00am-12:00pm and 2:00pm-4:00pm

Sunday 10:00am-1:00pm

\$150 / Call to register 989-1288



SPANDARAMA YOGA STUDIO



RASA JUICE BAR /AYURVEDA