

Raja Yoga Intensive 10 Week Course (Instructor: Mike Limauro)

Though many people think of yoga primarily in terms of physical postures and exercises (Hatha yoga), the term properly refers to a comprehensive system of meditation and balanced spiritual living intended to unite the individual soul with the Infinite Spirit. Raja Yoga, which is also known as Royal Yoga, is a system of philosophy, meditation, postures, breathing, healing principles and techniques, and diet. This course shows the interdependence of these seemingly separate areas and how all of them, when correctly approached, promote physical, mental, and emotional health and further our spiritual progress.

Raja Yoga, consistently practiced, awakens us to our deepest reality of oneness with the Infinite and the experience of divine joy. As a spiritual art and science, Raja Yoga is unique in that it encourages us to test the truth of its principles, not simply to believe them. Using the many tools Raja Yoga gives us, we can determine first hand whether it lives up to its promise.

This course is based on the teachings of Paramhansa Yogananda as taught by Swami Kriyananda, and focuses on all aspects of Raja Yoga except the postures and diet, which can be studied in separate classes offered at the Ananda Center for Yoga & Meditation in Ferndale, Michigan. In this 10 week course, you will learn how to deepen your meditation. You will discover how the inspired wisdom of the Bhagavad Gita integrates with a deeper understanding of Judeo-Christian beliefs. You will be introduced to the famous Yoga Sutras of Patanjali and his Eight-Fold Path, also known as Ashtanga Yoga. This course will benefit people who are new to yoga as well as experienced yogis who want to deepen their understanding and practice of yoga.

All classes will be held at the Lighthouse Center at 740 E. Shore Drive, Whitmore Lake, MI 48189. The classes will be on consecutive Tuesday evenings (with the exception of June 4) starting May 7 and ending on July 16.

Here is the schedule of classes:

May 7, 2019 Week 1: Yoga Paths of Devotion, Action, Wisdom, and Meditation

May 14, 2019 Week 2: The Eight-Fold Path to Self-Realization

May 21, 2019 Week 3: Yamas and Niyamas: Don'ts and Do's on the Yoga Path

May 28, 2019 Week 4: Hong Sau Technique of Meditation

June 4, 2019: Break

June 11, 2019 Week 5: Review of the first four weeks

June 18, 2019 Week 6: Affirmations: The Power of Thought and Mantra

June 25, 2019 Week 7: Tapping the Infinite Source of Energy and Magnetism

July 2, 2019 Week 8: Guru-Discipleship

July 9, 2019 Week 9: Pranayama and the Power of Kundalini

July 16, 2019 Week 10: Review of weeks 6 through 9 and discussion about the next steps along the path toward Self-Realization

The cost for this 10 week course is \$21/\$25/\$29 per class (you choose).

Please confirm your enrollment in this course by contacting the Lighthouse Center. Upon enrollment, you will receive the materials for the first class in advance. We ask that you come prepared so that our time can be spent discussing each topic in depth. We look forward to seeing you soon!

Contact: Tom at tosk@comcast.net to enroll.

Mike Limauro is the owner of Renewal Road, which provides leadership development and coaching services for business owners and executives. Mike has an extensive background in leadership that he acquired by leading his own companies and coaching owners of other companies. He helps business owners and executives improve their leadership capabilities, build cohesive leadership teams, create a culture of personal responsibility, clarify strategy and tactics, and improve communication throughout their organizations.

One of the keys to Mike's success has been his yoga and meditation practice, which he has used to discipline his mind and body, to strengthen his will power, and to manage the stress that comes with building a successful business. Mike has been sharing the benefits of his practice with others for over 20 years by teaching meditation, stress management, yoga philosophy, and more.

Mike is President of Ananda Yoga & Meditation Centers in Michigan, which is a 501(c)(3) nonprofit corporation. He and his wife, Martha, own and operate the Still Butterfly Yoga Studio, which offers people an opportunity to retreat from the hectic pace of everyday life in a peaceful, rural setting on 200 acres in Mid-Michigan.