



YOGA RETREAT WITH SWAMI MAHESHANANDA SARASWATI!  
Weekend of April 2-4, 2010



## *Journey to Peace, Presence and Prosperity*

Join us for all or part of this weekend retreat in NH as we explore 'high altitude' living! Many of us aspire to travel to the higher realms...whether traversing sacred sites like the Himalayan or Andes mountains, or ascending the inner *lokas* or dimensions. *What to pack? What to leave behind?* All with the aim of serving from the place of wholeness and abundance! Traveling yoga scholar and monk from India, Swami Maheshananda Saraswati will skillfully and purposefully guide us through a program that contains some of the advanced yogic practices from *pratyahara* (management of the sense organs), *dharana* (concentration) and *dhyana* (meditation).

To obtain more details or to register please visit [www.yogacaps.org](http://www.yogacaps.org) or contact YogaCaps, Inc. at [info@yogacaps.org](mailto:info@yogacaps.org) or 603-670-0302.

*Get ready to learn how to make each day the journey of a lifetime!*

### **FRIDAY - 6:30 - 9:00 p.m. ~ High Altitude Yoga**

Swami Mahesh will pull from his rich mountain travel experiences to share special techniques from asana, pranayama, mudra, bandha and mantra which play a vital role in rapid acclimatization and body-mind coordination. Additional focus will be on adjusting the body-mind to low oxygen levels, quick relaxation, preserving body heat for longer periods, effective control over cardiovascular, respiratory and digestive system, and minimum fluctuations in energy levels. On a deep cellular level, we know that oxygen cleanses and prana heals and enlivens, so whether your journey is a physical one that involves navigation of high altitude mountain trails, or one of inner adventure, we think you will find these exercises quite valuable. Afterwards, Swamiji will also share details on the Mount Kailash yatra this June!

### **SATURDAY**

#### **9:00 a.m.-12:00 p.m. ~ Prana Vidya**

Prana is the universal life force, the essence of all motion, and the basis of all manifestation in the Cosmos. It is the essence of life and existence itself. The yogis and the Seers have experimented with this vital life force and come up with a grand and complete understanding of its working principles and processes. The science of Prana, deals with the complete process of managing, activating, regulating and increasing its flow and capacity to connect us, ultimately, to the source of life and Supreme Consciousness. It gives us proper control over our body and mind, and connects us to our inner being, restoring health, vitality, insight, creativity and joy. The workshop will be practice oriented and will also help develop a proper perspective on the subject, explaining the meaning, functional classification and importance of Prana, Breathing and Pranayama and its link to body - mind interaction, and Pranic healing techniques as part of the *Prana Vidya* subject. The practice session will also give a rare glimpse into (1) *Prana Nidra* - a Tantric technique of revitalizing the body, mind and spirit and to see our connection with the universal energy, called *Maha Prana*; and (2) *Chakra Dharana* - Integrating the total personality dimension using the powerful beeja mantras of the Chakras.

12:00p.m. - 2:00 p.m. ~ Lunch

2:00 p.m. - 5:00 p.m. ~ *Prana Vidya, continued*

6:00p.m. - 7:00 p.m. ~ Dinner

#### **7:00 p.m. - Saturday Satsang and Kirtan!**

Through yoga we discover that we are our own sacred site capable of generating and sharing powerful vibrations. Ascension through chakras is facilitated by these vibrations and gathering in a group magnifies the vibrations. As a group we will chant the *Mahamritunjaya* Mantra 108x for universal wellness and then enjoy a lively kirtan!

*YogaCaps, Inc. is a 501(c)3 nonprofit that builds resiliency by making yoga practices more available and affordable.*  
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## SUNDAY

### 1:30 - 3:30 p.m. ~ *Yoga for Young People and their Parents*

Yoga helps develop a clear, focused mind and healthy body so that we can make good and balanced decisions from a place of calm and connection. Swami Mahesh will share this special session to help empower our young people to lead with their natural integrity and enthusiasm. Everyone will also have fun on a special Easter egg hunt for the "golden egg"!

### 6:00 p.m. - 8:30 p.m. ~ *Hamsa Dhyana Meditation*

We are blessed with an open invitation to be awake and fully alive to life's daily adventure! Accept the grace of this invitation and surrender to the abundance of Divine presence. *Hamsa Dhyana* is an advanced meditation practice derived from *Tantra*. *Tantra* is a spiritual science, which provides a unique perspective on life, its processes and purpose. It offers practical techniques that speedup the process of human evolution and can be practiced by both men and women of every temperament and spiritual level. It aims at turning every action of life into an act of celebration and expression of the divine. It bridges the gap between the material and spiritual dimensions of our lives.

The practice of *Hamsa Dhyana* works with the fundamental sound vibrations in the Cosmos, which are experienced as Mantras that reconnect our individual consciousness to the Supreme Consciousness. This brings us in the 'flow and rhythm' of the Cosmos leading to the experience of oneness with the entire Cosmos. At a grosser level *Hamsa Dhyana* leads to better body and mind coordination and control, reduction of stress and develops mental clarity and focus. It helps us connect to the place of abiding peace within our own self and at the same time feeling the harmony within and without.

In Sanskrit language, *Hamsa* means a Swan and it represents the quality of peace, harmony, beauty and discrimination. The practice covers the aspect of Breathing, Mantra, Chakras and advanced Visualization. A major part of the practical session will be devoted to prepare for this amazing meditation practice and all levels are welcome.

**Swami Maheshananda Saraswati** was born in Raipur, India, in 1970. Deep psychic experiences in his youth led him to his Guru



Paramhansa Satyananda and the Bihar School of Yoga, Munger - one of the most respected schools and traditions of yoga in the world. He was initiated into the Dasnami Sannyasa Order in 1995 by Paramhansa Niranjanananda, the anointed successor of Paramhansa Satyananda. Swami Maheshananda lived with his Guru for the customary twelve years, serving his Guru's mission in various capacities. He completed his Bachelors of Engineering (Mechanical) in 1992, and the Yoga Teacher Training Course from the Bihar School of Yoga in 1994. In 1998, he successfully completed an M.A. in Yoga Philosophy from Bihar Yoga Bharati, the first University of Yoga in the world. He has taught the philosophical and practical aspects of Yoga and Tantra at the post graduate and undergraduate levels at Bihar Yoga Bharati. In the yogic tradition of Bihar Yoga (also known as Satyananda Yoga), Swami Maheshananda has conducted a number of yoga workshops, on a wide range of topics, in universities, corporate houses, sports organizations, yoga studios, schools,

hospitals, prisons, temples, and other places, both within India and internationally. Now, as a wandering yogi, he travels and conducts yoga programs globally, and has also experimented with advanced yoga techniques for high altitudes in the Himalayas and Tibet for the last three years. He is credited with being the first yoga teacher in the world to conduct a yoga workshop for Everest Climbers at the Everest Base Camp in Nepal at an altitude of 18000 ft. in April 2008. Through his personal experiences, scientific training and temperament, Swami Maheshananda has the ability to present some of the most profound yogic concepts with clarity and openness, providing new perspectives that are both unique and refreshing. Those who attend his workshops appreciate and enjoy his remarkable ability to explain the essence of Yoga Philosophy in a lucid and down-to-earth style. His approach to Yoga and Tantra will be treasured by the participants in his workshops and is a welcome contribution to humanity.