



CHAKRA, MUDRA, PRANAYAMA CLASS

Chakra Wheels- The Seven Chakras rise up from the base of the spine to the Sahasrara the crown. As we evolve spiritually we live through the heart chakra and above. The heart chakra's awakening is the start of spiritual life. The three lower chakras hold the mind in power, lust & greed. We will learn the root sounds of each petal as well as the petal sounds and chanting techniques.

Pranayama- advanced yogic breathing

Prana is the basis of life and can be controlled through the breath. Prana is the energy permeating the universe at all levels. It is physical, mental, intellectual, sexual, spiritual and cosmic energy of all living beings.

Come and enjoy yourself in the beauty of many different breathing techniques.

Mudra's- are yoga positions done with your hands

Mudra's work on restoring the health of our mind, emotions, and physical body.

The art of the mudra changes the currents of energy that run thru the body by changing and manipulating the finger positions.

RICHIE'S BIO

When Richie was 18, he met Gurani Anjali from Calcutta India. When he was 20 Richie along with other devoted students helped her start the Yoga Anand Ashram in Amityville where he was initiated and trained for over 20 years.

The essence of the training is the application of the Gurani's teachings on spiritual enlightenment as taught through Patanjali's Ashtanga Yoga (the 8 limbs). After his training Richie pursued the yogic life style, applying the Gurani's teachings to his daily life, gathering insights into the spiritual life and transmitting the Gurani's message to students, by the practice and teaching of yoga, illustrating how these techniques can be made to blend into each person's unique lifestyle.

Richie applies in his teachings a wide variety of techniques including postures (asanas), breathing techniques (pranayama), hand and chakra meditations, visualizations, laughter, spiritual words of wisdom, Chinese medical stretches (Liangong) and Qi Gong, along with Tibetan Yoga meditations.

Richie was an union ironworker for over 20 years and had near crippling injuries in 1998. It took two years to heal practicing the yoga he was trained in at the ashram. He has a unique way of presenting asanas to people with different injuries. This helps to heal their injuries through the asanas and how the mind, body & spirit will become balanced and work as one. He also has great understanding of how to live daily life using yoga philosophy and psychology to avoid the pain of the future. He is currently learning and training in Qi Gong and Tibetan Yoga with Master Ping Cheng from China.

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