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yoga for EVERY body

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Yoga Mandali

454 Broadway

Saratoga Springs, NY 12866

# EQUAL VISION

JIVAMUKTI YOGA® with JOHN SMRTIC

Sunday January 15, 2012

1-3 PM \$25 advance/\$30 door

In Bhagavad Gita, Krishna advises Arjuna that an enlightened being sees with *sama darshinah*, or equal vision. In other words, for the yogi, the perception of “otherness” has dissolved, and seeing beyond form and cultural definition of value and utility, he or she sees all beings equally. By cultivating spiritual vision we begin to see heart of the matter where the Beloved resides in all. In this adventurous and challenging extended format Jivamukti Yoga class, a discussion of Bhagavad Gita verse 5.18 (Equal Vision) and related shlokas will serve as the springboard for a deep investigation into the forms we take on during an asana class and how reliance on the eyes through the lens of cultural conditioning and our perception of “other” can be an impediment on our path to yoga.

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This well-balanced 2 hour sadhana (practice) will include.

- Chanting
- Discussion of Bhagavad Gita *equal vision* verses
- Uplifting and vigorous asana (posture) practice
- Always rockin’ and thematic Bhakti Groove music mix
- Deep relaxation and meditation



JOHN SMRTIC JD, E-RYT &  
300 HOUR CERTIFIED JIVAMUKTI TEACHER