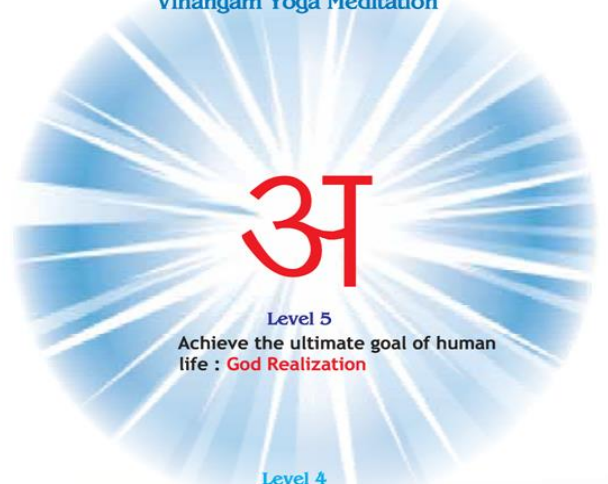


# You will learn

- **Simple Yoga for Health**
- **Ancient meditation for the restless mind**
- **Way to inner peace and bliss**

The five levels of Vihangam Yoga Meditation



**Level 5**  
Achieve the ultimate goal of human life : **God Realization**

**Level 4**  
Absolute & permanent 'No Mind' state. **Self realization**

**Level 3**  
Awakening of the **Kundalini** completes

**Level 1**  
Amazing **control over the mind**

**Level 2**  
Purification of the mind, realization of **AUM**



Vihangam Yoga Meditation



CHRONIC DISEASES ACCOUNT FOR **3 OUT OF 4 DEATHS**

## Vihangam Yoga

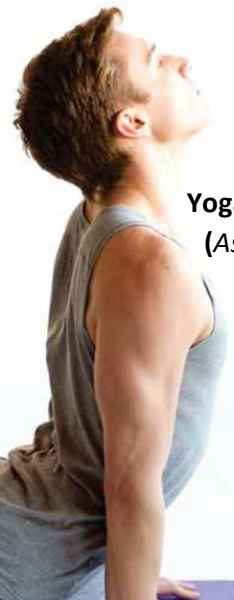
- Established since the year 1924
- Spread over 35 nations with more than 300 centers.
- Millions of followers.



SADGURU SWATANTRADEO JI MAHARAJ



Breathing (Pranayama)



Yoga-Pose (Asana)

**FREE**

**OPEN HOUSE**

Sunday, May 8<sup>th</sup> 2016  
5:30pm – 7:00pm

Session Begins May 15<sup>th</sup> 2016  
Sundays 5:30pm – 7:00pm



Vihangam Yoga  
1506 Stelton Road, 2nd floor  
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**REGISTER NOW!**

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