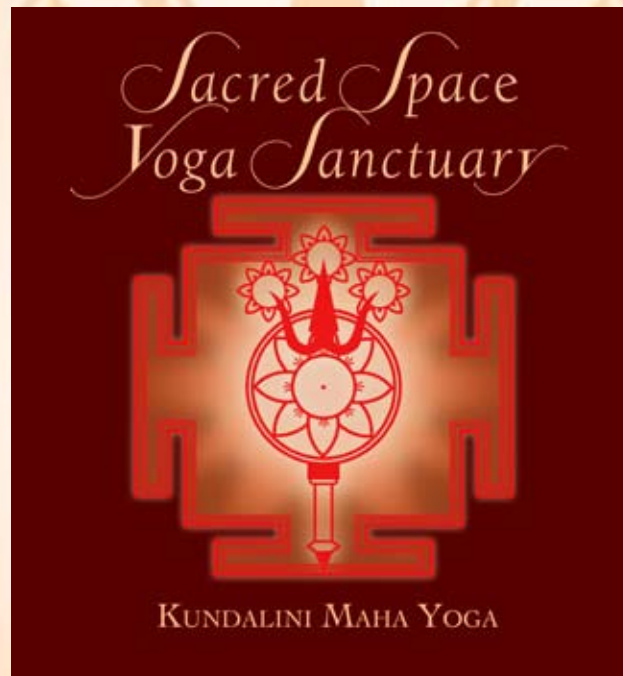


FUNDAMENTALS & INTRO REVIEW

Sacred Space offers several courses to those engaging in our practice. These classes are designed to help you better understand and utilize our practice.

The ANUTTARA TRIKA



TEACHINGS of TANTRIC SHIVISM

Intro Review
designed to refresh new students on the basic practices taught in the Introductory Meeting.

**Fundamentals I:
Understanding
Our Practice**
designed to help new students understand the practice in a deeper way.

**Fundamentals II:
YogaAsana**
designed to give practicing students a basic yoga program to prepare for meditation.

KUNDALINI MAHAYOGA

A Path of Transformation & Liberation

FUNDAMENTALS & INTRO REVIEW

Intro Review (One Session)

The initial Introductory Meeting (required for first time attendees) gives students the basic information they need to attend class with Nathaji and begin a home meditation practice—but it is our experience that in order to fully absorb what is taught, new students benefit from hearing these teachings a second time, soon after they begin attending class.

In this Intro Review we will focus on:

- the chakra system
- Kundalini energy and the opening of the psychic system
- the double breath, including how and when to use it
- what to do during class with Nathaji

In addition, students will:

- learn the tension release exercise
- have an opportunity to ask questions

A free guided meditation CD by Swami Khecarantha entitled *Awakening the Kundalini* will be given to those who attend. This CD includes three tracks: a beginning chakra meditation (with double-breath instruction), a tension release exercise, and a “Wish to Grow” meditation.

Tuesdays:

(offered every 6 weeks, check calendar)

Intro Review 6:00-6:45 pm

Open Eyes Class 7:00-8:30 pm

*THIS REVIEW SHOULD BE TAKEN
WITHIN THE FIRST FEW WEEKS
OF PRACTICE AT SACRED SPACE.
Classes Are Free*

Fundamentals I: Understanding Our Practice (Five Week Course)

This course will help new students understand the foundational meditation techniques of our practice and the importance of opening the chakra system. It will provide additional insight into the history and background of the practice, and look at the nature of inner growth, the student/teacher relationship, selfless service, and conscious choice & disciplined action (Nathaji’s “Keys to Transformation” teaching). Fundamentals I is designed to help new students develop their practice and explore its depths.

Each session will be a combination of class, presentation/discussion, Q&A.

Some of the topics covered:

- Kundalini fundamentals
- Our lineage and the keys to transformation
- Disciplined inner practice & meditation exercises
- The student-teacher relationship
- Conscious choice & disciplined action
 - Selfless service
 - The history and philosophy of Tantric practices

Mondays:

Open Eyes Class 7:00-7:45 pm

Discussion and Q&A 7:45-9:00 pm

*THIS COURSE SHOULD BE TAKEN
THE FIRST TIME IT IS OFFERED
AFTER YOU BEGIN TO PRACTICE
AT SACRED SPACE.
Classes Are Free*

Fundamentals II: YogaAsana (Four Week Course)

To purify our awareness, it is also very helpful for the body as a whole to undergo purification. When one cleanses the body of tensions and impurities, the subtle channels function more openly and energy blocks are released. Early hatha yogis found that certain specific body positions, asanas, open these energy channels and psychic centers. Developing control of the body through these practices enables one to control the mind and energy. In this way yoga asanas are much more than exercise or movement; they are tools to higher awareness. They form the foundation for the exploration of the body, breath, mind and higher states of consciousness.

In this beginner’s class you will be taught the basic principles of alignment, breath, movement and awareness. You will be given a foundational series of postures to practice at home with the intention of opening the physical body, building a greater sensitivity to energy, and giving you an excellent preparation for seated meditation.

Mondays:

Yoga Class 5:30-6:45 pm

Open Eyes Class 7:00-7:45 pm

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KUNDALINI MAHAYOGA

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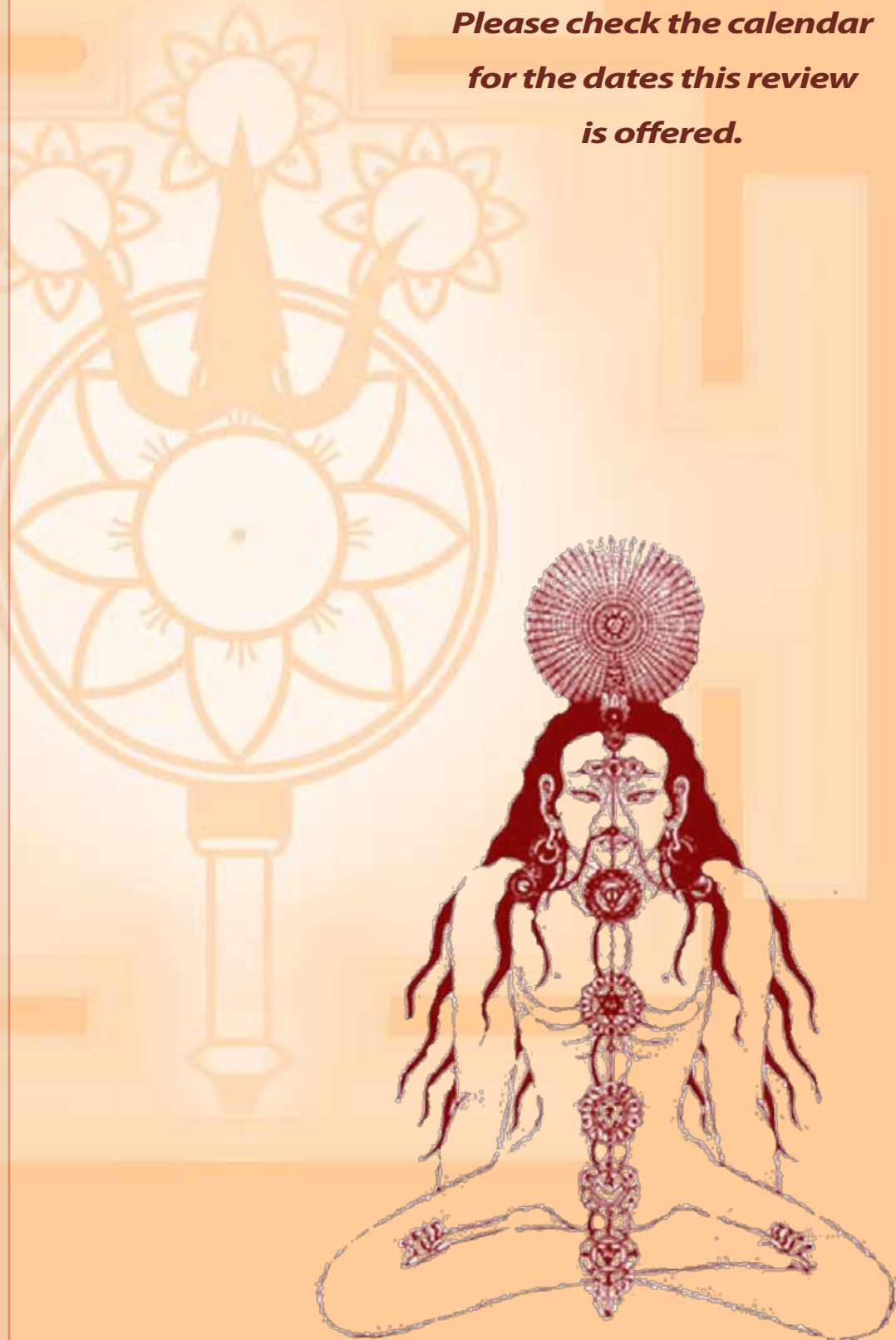
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***Please check the calendar
for the dates this review
is offered.***



Nathaji requires that everyone who engages in our practice attend these classes

KUNDALINI MAHAYOGA

A Path of Transformation & Liberation

FUNDAMENTALS I

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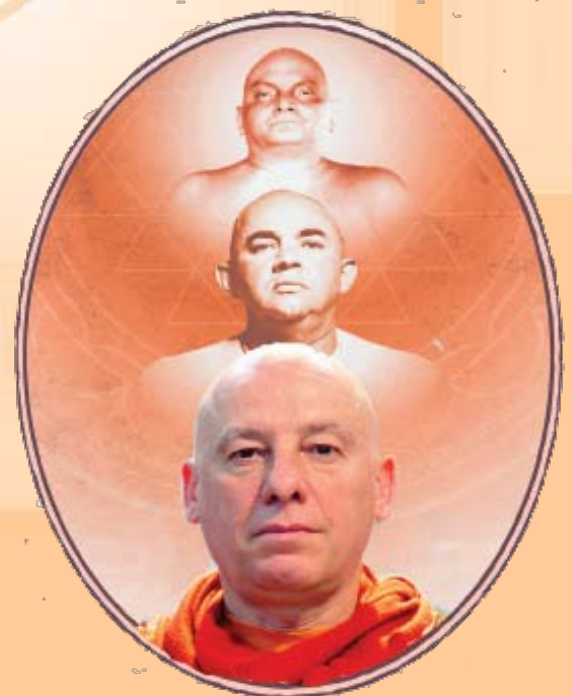
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KUNDALINI MAHAYOGA

A Path of Transformation & Liberation

FUNDAMENTALS II

YogaAsana (Four Week Course)

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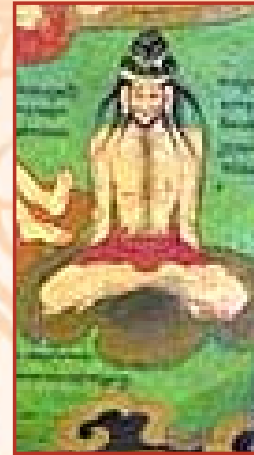
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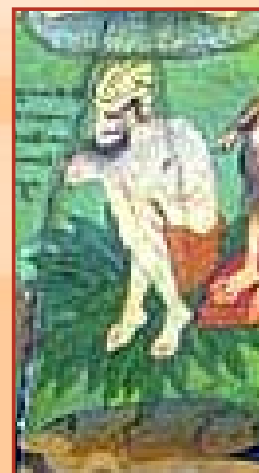
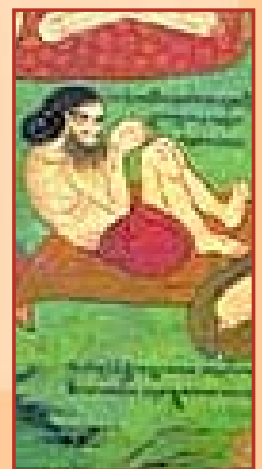
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KUNDALINI MAHAYOGA

A Path of Transformation & Liberation

FUNDAMENTALS & INTRO

REVIEW - 2012 SCHEDULE

2012	Intro Review	Fundamentals I	Fundamentals II
JANUARY		NO CLASSES	
FEB			
MAR	Intro Review <i>Tues, March 27</i>		
APR		Fundamentals I Understanding & Developing Your Practice <i>April 2 - 30</i>	
MAY	Intro Review <i>Tues, May 8</i>		
JUNE	Intro Review <i>Tues, June 19</i>		Fundamentals II YogaAsana <i>June 4 - 25</i>
JULY	Intro Review <i>Tues, July 31</i>	Fundamentals I Understanding & Developing Your Practice <i>July 16 - Aug 13</i>	
AUG			
SEPT	Intro Review <i>Tues, Sept 11</i>		Fundamentals II YogaAsana <i>Sept 10 - Oct 1</i>
OCT	Intro Review <i>Tues, Oct 23</i>	Fundamentals I Understanding & Developing Your Practice <i>Oct 8 - Nov 5</i>	
NOV			Fundamentals II YogaAsana <i>Nov 19 - Dec 17</i> <i>(no class Nov 26)</i>
DEC	Intro Review <i>Tues, Dec 4</i>		

KUNDALINI MAHAYOGA

A Path of Transformation & Liberation

EVENT SCHEDULE

FEB 2012 - FEB 2013

FEB		Swami Rudrananda Samadhi Celebration Feb 23	Fundamentals Program	Community Weekend Getaways at Rasa House in Pike. An Opportunity to Spend Time with Other Students in the Community, In a Beautiful Rural Setting Close to the Yuba River. Classes Daily with Nathaji
MAR				
APR	Berkeley Intensive April 5-8		Fundamentals I Understanding Our Practice	May 25-28 Memorial Day weekend
MAY			Fundamentals II YogaAsana	
JUNE	Berkeley Intensive July 5-8		For more details see the Fundamentals Flyers.	Other Weekends TBA
JULY	Commitment Ceremony July 9	Guru Purnima Tuesday, July 3 Celebrated July 5		
AUG		Nityananda Samadhi Aug 8 Celebrated Aug 9	Community Seva	Aug 31- Sept 3 Labor Day weekend
SEPT			An Opportunity to Spend Time With Other Students in the Community Doing Projects to Help Maintain The Center. Followed by Class With Nathaji and Dinner	
OCT	Berkeley Intensive Oct 25-28	Teacher Training: New Cycle Orientation Meeting		One Saturday Per Month
NOV				
DEC				
JAN 2013	Four - Six Week Hawaii Immersion Jan-Feb 2013			

RUDRANANDA PANTHA CEREMONY & INITIATION

The Conscious Commitment to
Your Practice, Teaching, & Teacher

The Power and Freedom of Commitment

Nathaji speaks of four levels of commitment to one's spiritual practice: casually involved, actively engaged, consciously committed, and immersed & surrendered. This ceremony and initiation is designed to allow you to formalize your commitment to your practice and teacher.

Offered each
July.
See calendar
for dates.

The Sacred Vows of Commitment

Nathaji will discuss the meaning, purpose, implications, and expression of these Seven Vows. He will also discuss the profound shift available to you in your relationship to the teacher, the energy field that is the teacher and teaching, and the clarity of focus possible through this depth of commitment. This ceremony will be repeated each year allowing you to retake your vows yearly or to take them for the first time.

Taking of Vows & Initiation Ceremony

The whole day will be an extended ceremony where each of you will have the opportunity to consciously express your vows and have them witnessed by Nathaji.



Participation Requires Nathaji's Approval

Nathaji is unconditionally devoted to those who are dedicated to their spiritual freedom. He has designed this ceremony for students who want to declare that intention. Therefore, if you haven't participated before and would like to, please send a request to Nathaji at least two weeks before the event.

“There are Thousands of Paths to God,
Choose One and Become a Master of it.” —The Dalai Lama