



Main Line Yoga is Located at:

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# Freedom and Evolution through Yoga's 8 Limbs with Reema Datta

June 15, 16, 17 (Friday - Sunday)

*This workshops is open to all levels of practitioners.*

Friday 6:30-8:30pm

**Donation Class:** Proceeds go to the Usha Yoga Foundation, which brings yoga to those who do not have access to the practice - either in remote areas around the world or in community venues such as battered women's shelters, drug rehab centers, hospitals and orphanages. Visit [www.ushayoga.com](http://www.ushayoga.com).

Saturday 11am-2pm

**8- limb Flow:** A physically challenging and meditative sequence incorporating kriyas, pranayama, asana, mantra, and meditation. \$35 preregistered, \$40 at the door

Saturday 3:30-5:30pm

**Pranayama and Discussion:** Full Ashtanga Pranayama Sequence (as taught by Krishnamcharya).  
Topics of discussion: The Historical & Shamanic roots of yoga. Yoga's relation to spiritual traditions worldwide. Tradition vs Individuality. Evolving as a Humanity. \$30 preregistered, \$35 at the door

Sunday 11am-2pm

**8- limb Flow:** A varied and expanded version of Saturday's 11am class. \$35 preregistered, \$40 at the door

Sunday 3:30-5:30

**Pranayama and Discussion:** Pranayama as taught by Krishnamacharya with variations as taught by B.N.S Iyengar  
Topics of discussion: Ayurveda & Diet, Self-Healing, Sanskrit & the Power of Sound. \$30 preregistered, \$35 at the door

Full Days: \$60 preregistered, \$70 at the door.

Entire Workshop: \$120 preregistered, \$140 at the door

*No one is turned away due to lack of funds.* Inquire for scholarships or trades at [info@ushayoga.org](mailto:info@ushayoga.org).

Reema was born into a family of yogis. She teaches vinyasa, pranayama, kirtan, philosophy and ayurvedic cooking worldwide. Her greatest influences are her family, Danny Paradise, Dharma Mittra, Larry Schultz and the philosophies of various spiritual traditions including those of the Celts, Sufis, Tantrikas and Native Americans.

Reema has developed teacher training programs for San Francisco based center, 'It's Yoga' and is co-author of the book, "Sacred Sanskrit Words" (Stonebridge Press, 2004). She runs "The Usha Yoga Foundation," which brings yoga to those who do not have access to it. The foundation supports projects in India, Indonesia, Kenya, South Africa, England, and the U.S. [www.ushayoga.org](http://www.ushayoga.org)

