

Sadhana – Your Own Spiritual Path in Yoga

What is Sadhana?

Sadhana is a daily spiritual practice or discipline which can lead us into profound connection and joy with the Creator.

It is generally made up of :

- Contemplation – Who am I? Who is God? What is my relationship with God?
- Self-discipline
- Mantra/Japa
- Service to Creator

The spiritual philosophy of yoga is often misunderstood as polytheistic or essentially an impersonal doctrine of “oneness.” Vedic philosophy has different paths, which, while they are also one, are designed to aid the spiritual seeker in gradually uncovering knowledge of their own “self,” and how they relate to, and are part of the “Supreme Godhead”.



In this workshop we will learn:

How to perform Sadhana and tailor it for our own personal requirements.

How to contemplate our own karma. What does the path of karma mean? Can we create our future births in the wheel of time and reincarnation?

What are the goals of yoga and what are the destinations in the universe available to us? Must we always reincarnate on this earth?

The three levels of consciousness and specific mantras for different expansions of God.

The spiritual truths embedded in yoga philosophy, gain an understanding of its branches, and discover the path which resonates with your own heart.



Learn how to become a “**Sadhaka**”

Understanding the sadya (goal) of different yogic sadhanas (spiritual practices) will elevate your practice to become your eternal path to perfection, both in this lifetime and the next.

This workshop is quite unique and will help yoga students and teachers to enhance their yoga practice, allowing them to go deeper into their own spiritual paths!



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