

<b>SW SHAKTIMURTI ZOOM COURSE SCHEDULE</b>		<b>AUG 2022 TO JULY 2023</b>		
<b>COURSE</b>	<b>DAY &amp; TIMING</b>	<b>WKEND DATES</b>	<b>WED SADHANA DATES</b>	<b>DONATION**</b>
<b>KRIYAS &amp; CHAKRA GRANTHI DHARANA CONTINUED</b>	<b>1 X SAT &amp; SUN per month</b>	Aug 27th & 28th	31st Aug 7th 14th Sept	£775/-
Sequential progressive course to learn & perfect the 20 yoga Kriyas in addition to a continuation of both the development of & perfection in pranayama & the Chakra Granthi Dharana sadhana	13.30-15.30 UK TIME WEDNESDAY weekly practice 16.30 -18.00 recording can be given	Sept 17th & 18th Oct 15th & 16th Nov 19th & 20th Dec 10th & 11th Jan 28th & 29th Feb 25th & 26th Mar 25th & 26th Apr 29th & 30th May 27th & 28th June 24th & 25th July 15th & 16th	21st 28th Sept 5th 12th Oct 19th 26th Oct 2nd 9th 16 Nov 23rd 30th Nov 7th Dec 14 th Dec 11th 18th 25th Jan 1st 8th 15th 22nd Feb 1st 8th 15th 22nd Mar 29th Mar 19th 26th Apr 3rd 10th 17th 24th May 31st May 7th 14th 21st June 28th June 5th 12 July COMPLETION	Indian National Rs 62000/- for total course 12 Weekends + 42 x weekly Wednesday or £70/- Indian National Rs 6000/- Per Month for Weekend & Wed weekly sadhana
Only suitable for those who have either done the chakra dharana course or a previous chakra /kriya course as it is an advanced sadhana & one must have prepared oneself accordingly to fully imbibe & benefit from the practices				
<b>PERFECTION IN INSTRUCTION</b>	<b>DAY &amp; TIME</b>	<b>MONTH</b>	<b>DATES</b>	<b>DONATION**</b>
Sequential progressive course for Yoga Instructors following the structure given in A systematic course in the ancient techniques of yoga designed to help bring wholeness & transformation for the ultimate benefit of mankind & our planet	MONDAY 12 noon-14.00 Self Practice 12 -13.20 followed by Instruction for teaching	SEPTEMBER OCTOBER NOVEMBER DECEMBER	5th 12th 19th 26th 3rd 10th 17th 24th 31st 7th 14th 21st 28th 5th 12th	£185/- India National Rs 14800/- for 15 classes recording available
<b>TATTWA SHUDDHI SADHANA</b>	<b>DAY &amp; TIME</b>	<b>MONTH</b>	<b>DATES</b>	<b>DONATION**</b>
Weekly sadhana to develop & perfect the ancient tantric practice of tattwa shuddhi purification of the elements for ourselves & the healing of our planet	TUESDAY 13.30 - 15.00	SEPTEMBER OCTOBER NOVEMBER DECEMBER	6th 13th 20th 27th 4th 11th 18th 25th 1st 8th 15th 22nd 29th 6th 13th	£150/- India National Rs 12000/- for 15 classes recording available
<b>PRANIC HEALING SADHANA</b>	<b>DAY &amp; TIME</b>	<b>MONTH</b>	<b>DATES</b>	<b>DONATION**</b>
Weekly sadhana to develop & perfect the ancient tantric wisdom & practice of Pranic Healing For ourselves & others & the healing of our planet	THURSDAY 13.30-15.00	SEPTEMBER OCTOBER NOVEMBER DECEMBER	8th 15th 22nd 29th 6th 13th 20th 27th 3rd 10th 17th 24th 1st 8th 15th	£150/- India National Rs 12000/- for 15 Classes recording available
<b>TRADITIONAL YOGA FOR BODY MIND &amp; SPIRIT</b>	<b>DATE &amp; TIME</b>	<b>MONTH</b>	<b>DATES</b>	<b>DONATION**</b>
Sequential & progressive course for those wishing to develop their yoga sadhana in daily life The course structure will be based on A systematic course in the ancient techniques of yoga designed to help attain the transformation required to attain perfect health & wholeness in body mind & spirit	TUESDAY 18.15 -19.45 or WEDNESDAY 12 noon-13.30 TUESDAY 18.15 -19.45 or WEDNESDAY 12 noon-13.30 TUESDAY 18.15 -19.45 or WEDNESDAY 12 noon-13.30 TUESDAY 18.15 -19.45 or WEDNESDAY 12 noon-13.30 TUESDAY 18.15 -19.45 or WEDNESDAY 12 noon-13.30	SEPTEMBER SEPTEMBER OCTOBER OCTOBER NOVEMBER NOVEMBER DECEMBER DECEMBER	6th 13th 20th 27th or 7th 14th 21st 28th 4th 11th 18th 25th or 5th 12th 19th 26th 1st 8th 15th 22nd 29th or 7th 14th 21st 28th 6th 13th or 7th 14th	£150/- India National Rs 12000/- for 15 Classes recording available
<b>ACCESS TO ALL COURSES</b> Except Kriya chakra granthi dharana)		SEPT,OCT & NOV DEC	all classes	£135/- or Rs 10800/- per month £100/- or Rs 8000/-
<b>MANTRA CHANTING of MAHA MRITUNJAYA</b> for healing of humanity & our planet	<b>DATE &amp; TIME</b> WEDNESDAY 18.15 - 19.00	<b>MONTH</b> ONGOING	<b>DATES</b> EVERY WED	<b>DONATION</b> please donate to a charity of your choice
<b>ONE 2 ONE YOGIC CONSULTATION</b>			contact for appointment	Individually assessed
<b>ALL CLASSES VIA ZOOM</b>	link sent when registered		Recording available when necessary	
<b>DONATION can be transferred by either BT or PayPal</b> If genuinely interested but having financial difficulties please do not hesitate to discuss				
<b>If interested CONTACT me on</b> <a href="mailto:swshaktimurtiyogandmeditation@gmail.com">swshaktimurtiyogandmeditation@gmail.com</a> May our Sadhana become a seva to help in the upliftment of humanity & Healing of Mother Earth & All Her inhabitants	Whats App 00447904377853  HARI OM TAT SAT			