



## **LaKsHmi** Sadhana Workshop

OM SRIM MAHA LAKSHMYEI SVAHA

### *Reveal Your Soul Beauty*

## A Rasa Yoga Workshop with JCYogi Aka JC Rawady

O Sri, in addition to the Wish-fulfilling jewel, and the tree of Paradise, there exists a delightful magic elixir formed from just a portion of you. As this nectar moves through me, touching all my parts from head to toe, it transmutes them into a body of gold.....

Lakshmi is the Goddess of Wealth & Prosperity, both material & spiritual worlds.

The word Lakshmi is derived from the Sanskrit word Lakshmi, meaning "goal". Lakshmi, therefore, represents the goal of life, which includes worldly as well as spiritual prosperity.

## What is Rasa Yoga?

Founded by Sianna Sherman, Rasa yoga weaves together Asana, Mantra, Mudra, Pranayama, Meditation & Chanting ... along with tantra, shadow work, ritual, and deep reverence for nature. It honours the tradition and lineage of yoga, while awakening your authentic creativity as a yoga practitioner in the modern world.

**Sunday 29<sup>th</sup> September 14:00-17:00**

@ The Yoga Lounge  
Willowmere, Green Road, Egham, TW20 8QN

**Investments: £ 40**

In this workshop, JC will take you through a practice inspired by the myth of Goddess Lakshmi through storytelling, mantra, mudra and asana practice. We will embody Lakshmi and what she represents. It may be an ancient myth but there is so much wisdom and relevance to our modern way of living.

The four hands represent the four ends of human life: dharma (righteousness), Kama (genuine desires), artha (wealth), and moksha (liberation from birth and death). The front hands represent the activity in the physical world and the back hands indicate the spiritual activities that lead to spiritual perfections.

In this practice, we will focus on hip openers and gradually move to the heart to let go of any resistance and tension to access a higher vibrancy of being.

This workshop is suitable for yogis with all level, who wish to deepen their personal practice, to raise awareness of the principles of biomechanics and alignment targeting to achieve Asanas or Postures you may have never practiced improving the one you are already familiar with.

3 CPD points for Teachers registered with the Yoga Alliance UK



**yoga alliance professionals**  
From **Passion** to **Profession**

**For more information or how to book, please contact JC on : 07863 510598.  
Details can be found on [www.jcyogi.com](http://www.jcyogi.com) or Facebook page JCYogi**