

meditation workshop

with karina ayn mirsky



KARINA AYN MIRSKY, MA, E-RYT

Devidas, Karina Ayn Mirsky is the Director of Sangha Yoga and has been teaching yoga and meditation in Kalamazoo since 1998. Karina teaches meditation in the Tantric Hatha Yoga lineages of P. Yoganada and Sri Swami Rama. Her primary yoga and meditation teacher is Yogarupa Rod Stryker. Karina whole heartedly believes in the value of meditation. She credits her survival of cancer largely to her own meditation practice. In addition to teaching at Sangha, Karina serves on the teaching faculty of the Himalayan Institute, and at Antioch University McGregor.



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

one tuesday/month: 7–8pm

\$14 at the door

MEDITATION WORKSHOP

Meditation has been practiced for thousands of years. Though originally used to deepen an understanding of the sacred and mystical forces of nature, today meditation is commonly used for relaxation and stress reduction. Neuroscientists have found that meditators can shift their brain activity to different areas of the cerebral cortex: (brain waves in the “stress-prone” right frontal cortex move to the “calmer” left frontal cortex.) This calmer brainwave activity effects more than just the mind, it can help the body heal too! Join us for a class, we’ll guide you step by step!

Learn to cultivate a calm, clear and tranquil mind by learning how to meditate. Some light stretching prepares the body to sit comfortably to then be guided toward your calm, steady center.

Wear comfortable clothes. Bring a notebook.

UPCOMING WORKSHOP DATES

November 23

December 21 (Special Winter Solstice Event)

January 18

February 15

March 1 (Satsang: on donation, Q&A lecture only, no practice)

March 15



SANGHA YOGA

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