



University of
Massachusetts
Dartmouth

285 Old Westport Rd.
Dartmouth, MA
02747-2300

UMass Dartmouth
Center for
Indic Studies

508.910.6630
508.999.8588
www.umassd.edu/indic

Center for Indic Studies

Mahatma Gandhi Lecture Series

Date: October 9th, 2008

Place: Library Browsing Area

Time: 7:00 – 9:00pm

Refreshments: 6:30pm



Speaker: Yogi Amrit Desai

Creator of Kripalu Yoga

&

Founder of the Kripalu Center for Yoga and Health

Topic: Discover the Healing Secrets of Yoga and Yoga Nidra

ABSTRACT: In search of the divine we go everywhere; we go to places of pilgrimage, visit temples, follow many paths and disciplines and ignore our body. Your body is the most sacred place of pilgrimage you will ever come to. It is the dwelling place of the divine. Amrit yoga teaches how to regulate and direct the conflicting stress producing forces of body, mind and emotions into harmonious unity. You will learn how to use specific techniques activate and maximize the healing and regenerative wisdom of your body, including techniques to harness and harmonize the restless mind, unique approach to yoga that will empower you to handle daily challenges and practice of breath work and yoga postures as a powerful tool to activate and maximize the restorative healing power of yoga.

BIO: Since his arrival in 1960, Yogi Amrit Desai (Gurudev) has pioneered an innovative approach to the spiritual dimension of Hatha Yoga. The Shaktipat initiation he received from his guru, Swami Kripalu, led to a profound awakening in 1971. This event totally transformed his life and infused his teachings with the rare ability to transmit the energetic energy of shakti to those who are open and receptive. The methodology he developed has become so widely adopted that today it is taught by more than 5,000 certified yoga teachers in 40 countries. He is the creator of Kripalu Yoga and the founder of the Kripalu Center for Yoga & Health. Challenges he has encountered over a decade ago have taken him to a greater level of self-discovery, which is reflected in his presence and the quality of his teachings. The depth of his inner work has evolved into the Amrit Method® of Yoga and Yoga Nidra.

For more information please contact: Professor Bal Ram Singh, bsingh@umassd.edu or 508-999-8588.



University of
Massachusetts
Dartmouth

285 Old Westport Rd.
Dartmouth, MA
02747-2300

UMass Dartmouth
Center for
Indic Studies

508.910.6630
508.999.8588
www.umassd.edu/indic