

**High Point Community Center
6920 34th Ave SW Seattle, WA 98126
206.684.7422**

Dharma Mittra Yoga in Seattle

Level I - Dharma Mittra Classical Hatha Yoga

You will get a really good grounding in the foundations of Hatha Yoga, Which include sun salutations, balance poses, breathing exercises, and Meditation to calm the mind. Poses are adjusted for any injuries. Beginners welcome! Bring Yoga Mat and Block if you have it.
Preregistration required.

All Levels - Dharma Mittra Classical Hatha Yoga

This is an all levels Hatha Yoga Class. We will flow through a variety of Yoga postures to open the breath strengthen the body and calm the mind. We will build stability in the core and end with Meditation. Poses Adjusted for any injuries. Bring Yoga Mat and Block if you have it.
Preregistration required.

Dharmas 908 Pose Chart - All the poses will be chosen from the chart of 908 poses created by Dharma Mittra over 28 years ago.

How can Yoga help me?

Fun - Yoga is a lot of fun. You are doing Yoga now without knowing it. Those brake dance moves you love are rotating arm and hand balances. We will show you how to do them safely.

Concentration & Balance - People often have difficulty focusing their mind and concentrating on the problem at hand. We will show you how to do that.

Mind Your Ego - Can I overcome the dictatorship of my ego? Yes, we will show you how.

Increase Your Breath - Do you give yourself enough breath? We learn now to breathe and be grounded in difficult situations.

Health Benefits - In our modern sedentary society we experience lots of stress, repetitive movement injuries, and indigestion. There are poses (Asanas) that can calm you, lower your blood pressure, detoxify your organs, and correct your posture. All classes end with a Svasana and/or Meditation.

I have taught Dharma Mittra classical based Vinyasa Yoga since 2008. The goal of this 3000 plus year old Hatha Yoga practice is the stilling of the chatter of the mind and the control of the ego.

Contact: victor@converttolinux.com Phone: 206.547.6020 converttolinux.com/yoga.shtml

**To Register Call 206.684.7422 or
Register Online at seattle.gov/parks/centers/Highpt.htm
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