

Join a new community of friends committed to Health & Wellness

Shri Natraj Yoga center is pleased to offer health & wellness programs for the benefit of adults and children who experience injury, suffer from chronic conditions or those who simply want to exercise to maintain a sense of well being, with no membership fees required. One of our main focus is Pranayama based on the teachings of Swami Baba Ramadev. Many people have seen concrete results in weight loss, asthma and increased energy levels.

The core of our health and wellness program is offered at the Shri Natraj Dance Studio in Northwest Houston

**Also don't forget to ask
about weight loss
program with Bhangra!!!**

**Affordable prices,
special discount for
senior citizen and family
with multiple members**

Other Programs Offered at the Center

Indian Dances

- Bollywood
- Bharatnatyam
- Indian Folk
- Classical

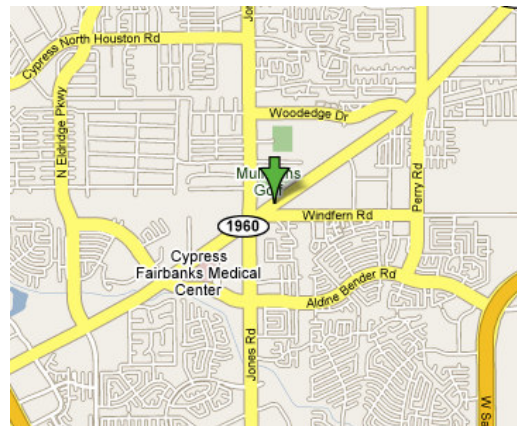
Western Dances

- Hip Hop
- Salsa
- Ballet

Piano

- Piano classes

**10760 FM 1960 Rd W
HOUSTON, TX 77070**



NORTH-WEST HOUSTON AREA

SHRI NATRAJ YOGA CENTER



**Kusum Sharma
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RAJA YOGA

What is Raja Yoga?

Raja Yoga or Ashtanga Yoga is one of the four major Yogic paths of Hinduism, the others being Karma yoga, Jnana yoga and Bhakti yoga.

Raja Yoga involves psycho-physical meditational techniques which attain experiences of the truth and finally achieve liberation, described in Hindu thought as moksha.(liberation from the cycle of rebirth). Raja yoga is also known as Ashtanga Yoga. It is the classical Indian system of Hindu philosophy and practice (composed by Patanjali perhaps ca. 200 BCE)

Concept

Raja Yoga is a practical guide for gaining control over the mind. The second sutra (of [Patanjali's Yoga Sutras](#) - Ed.) states, "Yogas chitta vritti nirodhah," or, "The restraint of the modifications of the mind-stuff is Yoga." Every thought, feeling, perception, or memory you may have caused a modification, or ripple, in the

mind. It distorts and colors the mental mirror. If you can restrain the mind from forming into modifications, there will be no distortion, and you will experience your true Self."

Eight Limbs of Raja Yoga

The term Ashtanga means eight limbs, thus Raja Yoga is also known as Ashtanga Yoga which refers to the eight limbs of yoga.

The eight limbs of Raja Yoga are:

Yama - Code of conduct - self-restraint

Niyama - religious observances - commitments to practice, such as study and devotion

Asana - integration of mind and body through physical activity

Pranayama - regulation of breath leading to integration of mind and body

Pratyahara - abstraction of the senses, withdrawal of the senses of perception from their objects

Dharana - concentration, one-pointedness of mind

Dhyana - meditation (quiet activity that leads to samadhi)

samadhi - the quiet state of blissful awareness, super conscious state

MEET KUSUM SHARMA

Kusum has been Yoga instructor since 2004 and has studied yoga for more than 10 years. Kusum is a certified Raja Yoga instructor.

Kusum has taught all levels of students, she enjoys teaching students of all abilities, including beginners and seniors. She teaches with sense of humor, and with patient approach she guides her students towards a focused center of self awareness



Always do yoga under the guidance of an experienced teacher