

Sat Nam Rasayan

**Monthly classes
(dates to be announced)**

**at Yoga Central
1123 Jackson Boulevard, Houston, Texas 77006**

Healing through Meditative Sensitivity

In Sanskrit, Sat Nam Rasayan means “deep relaxation in the Divine Name” or “abandoning oneself to the essence of the True Identity”.

Sat Nam Rasayan is a healing that is based on consciousness that has the capacity to become transcendent.

A meditative state is a state of contemplation, a non-reactive state, absolutely perceptive, with no resistance.

Sat Nam Rasayan can help you enhance your tolerance and capacity to be fully present in your experience and relationships, as well as deepen your meditation skills and increase the potency of your yoga practice.

**For more information
and to confirm class schedule, contact**

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