

## CHALLENGE YOURSELF TO INFINITY

Group Sadhana at Yoga Central.

Every Saturday from 4:00-6:00 a.m.



Before you face the world each day, do yourself a favor, tune up your nervous system and attune yourself to your highest inner self. To cover all your bases, it will include exercise, meditation, and prayer. This is your sadhana.



*"What is sadhana? It's a committed prayer. It is something which you want to do, have to do, and which is being done by you. ..."*

*Sadhana is self-enrichment. It is not something which is done to please somebody or to gain something. Sadhana is a personal process in which you bring out your best." ~ Yogi Bhajan*

During what are called the "**ambrosial hours**" (the two and a half hours just before sunrise), when the sun is at a sixty-degree angle to the earth, the energy you put into your sadhana gets maximum results. Your world is quieter. It's easier to meditate and concentrate before the hustle and bustle of the day begins. Your endocrine system can be balanced more thoroughly.

**COME AND JOIN THE GROUP ENERGY TO COMMIT AND EXCEL TOGETHER!**

The schedule: 4:00 – Japji

4:30 – Yoga

5:00 – Morning Call and Aquarian Mantras

6:00 End