



May/June 2011 Issue

Greetings!

We invite you to come and learn the science of practicing and perfecting Mahboundlotus.™?

When: June 25th and 26th
Time: 7:00 - 10:00 am both days
Where: Espanola, NM



Questions and Answers

Is it safe to practice during Pregnancy?

It is suggested that you continue your practice, but remain sitting rather than bending forward. Pregnancy is a perfect time to meditate on the new soul to prepare for birth.

Mahboundlotus™ Level 1 Teacher Training with Mahan Kirn

No experience required!

June 25, & 26th Española, New Mexico
Time: 7:00 am to 10:00 am both days (6 contact hour CEU's and 120 noncontact hours!)

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Come and learn how to perfect and teach MahBound-Lotus™

"When a person masters Mahboundlotus™, they shall have the capacity to change a person and their environments by their presence alone."

— Yogi Bhajan



Your Story:

I began practicing Mahboundlotus in 2005. I was beginning my freshman year in college and moving away from home for the first time. Committing to this kriya has been one of the most positive things I have ever done for myself. It helped keep me balanced and stable while going through a large and hard transition. Everyday I would go into the posture and battle with myself. My mind would tell me that I couldn't do it, then it would tell me it is too painful, then it would tell me I was bored and that it was a waste of my time. Redardless, everyday I would stretch my body and bend myself into the posture. By the time my 31 minutes was up, I would forget about the mental arguing and be proud of what I had just accomplished. Mahboundlotus is a transformational Kriya. It will take you through your darkness, through your issues and through all the sludge we carry around with us everyday. It has the potential to heal you body, mind and soul. It has brought me closer to myself and through that, closer to God.

Amrit Sadhana

How has the pretzel pose changed your world?

We want to hear from you. Please send us your story with Mahboundlotus however short or long. Include a photo if you would like as well.



This Training is for:

People who would like to learn to teach Mahboundlotus™
 People who want to deepen their Mahboundlotus™ Practice

In This Course you will learn to Teach:

- Specific Warm-Ups
- Use of Props
- Modifications
- Kundalini Yoga Sets to Prepare
- Advanced Postures

Cost:

\$154 If pre-registered by June 5th
 \$175 at the door
 To register visit www.mahboundlotus.com
 For questions email: mahboundlotus@gmail.com

**MahanKirn's Schedule
 May/June 2011**

May 22	Berkshires, MA	Kripalu	866.200.5203
May 23	New York, NY	Golden Bridge	212.343.8191
May 24	Williamsburg, NY	Jivan Yoga Center	718.218.7487
May 27 - 29	Palm Springs, CA	YogaLean™ Retreat	marketing@yogafit.com
June 17	Tantric Shelter	Summer Solstice	3HO.org
June 25, 26	Espanola, NM	MahBoundlotus™ Level 1	mahboundlotus.com
June 30	Espanola, NM	Ladies Camp	3HO.org

For more information visit www.mahboundlotus.com
 New additions to the website coming soon!