



BREATH, MANTRA & DEVOTION IN DAILY LIFE

A WORKSHOP WITH DHARMA DAS
Saturday September 27th 2-4 PM/\$25.00
BIRCHWOOD CENTER

85 S. Broadway
Nyack, NY
(845) 358-6409

Never before has it been so taboo to *Be Here Now*. Our mad minds flit from one unfulfilled desire to another, constantly distracted, yet seeking autonomy & peace. By fusing our ordinary mind with breath awareness, the vibration of mantra & establishing a daily devotional practice we can gain stability.

The workshop focuses on the use of proper breathing, posture, the vibrational aspects of mantra & developing a sense of devotion and the sacred in daily life. Please wear loose, comfortable clothing and something to sit on the floor with.

Dharma Das is a Bhakti Yogi who was named by chant master Bhagavan Das (Author *It's Here Now, Are You?*) in October 2003 with the instruction "Go! Teach!" In October of 1991 he took Buddhist Refuge with Ven. Tenga Rinpoche during the Year of Tibet in New York City and went on to study with Bardor Tulku Rinpoche of Karma Triyana Dharmachakra in Woodstock, NY. He is a devotee of Kali, the Divine Mother. Dharma Das is also a poet and painter with work shown at galleries in New York, Massachusetts and on the World Wide Web.

Contact/Pre registration: 201-286-2179/dharmadas@earthlink.net