

# MOM's Outreach

*Richmond Hill, New York*

2003 CLASS SCHEDULE

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## Play Yoga™ for Children

*Every Monday*

7:00pm - 8:00pm

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## Healing Passes

*Yoga, Breathwork and Vedic Chanting*

*Every Tuesday*

7:00pm - 7:45pm

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## Surya Namaskara

*Yoga for Cardiovascular Wellness*

*Every Tuesday*

7:45pm - 8:30pm

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### LOCATION

Mother OM Mission (Arya Samaj Building)  
110-17 101 Avenue • Richmond Hill, New York 11419

347-453-2554

website: [www.wisearth.org](http://www.wisearth.org)

email: [mom@wisearth.org](mailto:mom@wisearth.org) • [tonyirismom@aol.com](mailto:tonyirismom@aol.com)

# MOM's Outreach

*North East Bronx, New York*

2003 CLASS SCHEDULE

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## Play Yoga™ for Children

*Every Saturday*

7:00pm - 8:00pm

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## Healing Passes

*Yoga, Breathwork and Vedic Chanting*

*Every Tuesday*

7:00pm - 7:30pm

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## Surya Namaskara

*Yoga for Cardiovascular Wellness*

*Every Tuesday*

7:30pm - 8:00pm

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### LOCATION

Mother OM Mission c/o Bhavani Mandir  
2312 Bruckner Blvd.

Bronx, New York

914-237-1510

website: [www.wisearth.org](http://www.wisearth.org)

email: [mom@wisearth.org](mailto:mom@wisearth.org) • [srijaya1@aol.com](mailto:srijaya1@aol.com)

# MOM'S OUTREACH

*The South Bronx, New York*

2003 CLASS SCHEDULE

*Beginning August, 2003*

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## Yoga, Breathwork & Sound - Healing Passes

*Every Thursday*

6:00pm - 6:45 pm

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## Surya Namaskara: Yoga for Cardiovascular Wellness

*Every Thursday*

6:45pm - 7:15 pm

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### LOCATION

Mother OM Mission  
509 Willis Avenue, 4th Floor

Bronx, New York

914-237-1510

email: [mom@wisearth.org](mailto:mom@wisearth.org) • [srijaya1@aol.com](mailto:srijaya1@aol.com)

website: [www.wisearth.org](http://www.wisearth.org)

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### MOM'S NEW YORK INSTRUCTORS

Anthony Boodoo • Nalinika Singh • Brunilda Matos  
James Boodoo • Iris Boodoo • Shivana Jorwar  
Diwanti • Florence Maharaj • Roger Maharaj  
Carol Mohammed • Emerita Foster

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### MOM's Educational Coordinator

Jayasri Jorwar

Ms. Jorwar is a Sadhaka of Wise Earth School  
and has been teaching and practicing Ayurveda in Wise  
Earth Tradition in the New York area  
for the past seven years.

We applaud MOM's volunteer instructors for their dedicated service to MOM's community. Gratitude to Frank Singh of Marine Funding for his immense support of MOM's work in Richmond Hill, New York. MOM thanks Pt. Rohit Deocharan of Bhavani Mandir for his kind support.

Wise Earth



90 DAVIS CREEK ROAD • CANDLER, NORTH CAROLINA 28715

## FREE CLASSES

*in Holistic Health Education  
in Wise Earth Tradition*

# YOGA BREATH & SOUND

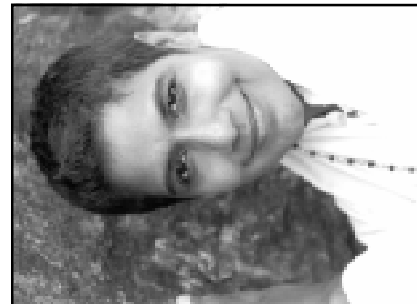
2003

SCHEDULE OF CLASSES



*MOM's education  
is sponsored by  
Wise Earth School,  
a non-profit organization  
dedicated to the teachings and  
preservation of holistic health  
education and wholesome community  
lifeways through Ayurveda in  
Wise Earth tradition.*

Mother Om Mission  
109 Wakefield Avenue  
Yonkers, NY 10704



Swamini Mayaitananda

## MOM'S PROGRAMS

### Healing Passes: Yoga and Breathwork

The Healing Pass is a unique therapeutic form of yoga designed to integrate body, mind, and spirit. The aim of Healing Passes is to integrate the five major pranas within. The Healing Passes help to connect inner sound to breath, and breath with movement. Cultivating this keen awareness is the way of Wise Earth Practice. In this highly practical yoga training, you will learn to breathe and move and express inner sound in alliance with the greater cosmic energies, strengthen your two main channels of breath, and restore memory and health. Maya Ma tells us that Primordial Sound gives rise to prana, and it is prana that evokes posture.

### Play Yoga™ for Children

Play Yoga™ in the Wise Earth Tradition is a gentle, ebullient form of yoga developed specifically for children by Swamini Mayaitananda. Play Yoga™ works in accord with nature's rhythms to help children reclaim their innate ability to be joyous and playful.

In this unique school of yoga, children learn to flow in harmony with nature by emulating the natural movement of the animal – cat, tiger, lion, frog, ostrich, cobra, butterfly, crane, lizard, crocodile – they learn the flow of the five elements of nature by posturing - wind, tree, water, earth and the animals.

Play Yoga™ is a Wise Earth creative educational program for children that:

- releases joy
- brightens mind
- develops confidence
- lightens spirit
- reclaims innocence
- cultivates well-being
- delights heart
- strengthens memory

### Surya Namaskara: Sun Salutation

Surya Namaskara (Sun Salutation) is a dynamic form of yoga practiced in a series of postures which emulate the rhythms of the sun and honor solar energy within and without. These postures are linked together to create seamless coordination of breath and movement which strengthen the heart and the body's circulation. This classical sequence of postures developed by ancient yogis is an excellent practice for harnessing the immense powers of the sun. It offers a great work out for the body and makes the mind tranquil and the heart strong. This sequence of postures is centered on seven classical landmark postures.

Swamini Mayaitananda is a compassionate spiritual Mother who has helped thousands of people to heal from life-threatening diseases. A pre-eminent Vedic monk, Mother Maya has been carefully tutored by His Holiness Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage – Veda Vyasa. Mother Maya is the spiritual head of the Wise Earth School of Ayurveda, a non-profit organization in North Carolina, USA, and is the founder of Mother Om Mission (MOM), a charitable organization in Guyana, South America, whose radical new approach in several at-risk communities is transforming violence and disease into peace, nurturance, and health.

Swamini Mayaitananda has been presenting her inner medicine vision for healing and world peace for twenty-five years at conferences worldwide and has presented her vision at the *Global Peace Conference of Women's Religious and Spiritual Leaders* at the United Nations in Geneva, Switzerland.