

MOM's Outreach

Richmond Hill, New York

2005 CLASS SCHEDULE

AT LOCATION

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

Healing Passes

Yoga, Breathwork and Vedic Chanting

Every Wednesday

7:00pm - 8:00pm

Surya Namaskara

Yoga for Cardiovascular Wellness

Every Wednesday

7:00pm - 8:00pm

AT LOCATION

Mother OM Mission (Bhuvaneshwar Mandir)
86-06 101 Avenue • Ozone Park, New York

Healing Passes

Yoga, Breathwork and Vedic Chanting

Every Thursday

7:00pm - 8:00pm

Surya Namaskara

Yoga for Cardiovascular Wellness

Every Thursday

7:00pm - 8:00pm

646-773-2330

website: www.wisearth.org

email: mom@wisearth.org • aboodoo@wcs.org

MOM's Outreach

North East Bronx, New York

2005 CLASS SCHEDULE

Play Yoga™ for Children

Every Tuesday

1:00pm - 2:30pm

Healing Passes

Yoga, Breathwork and Vedic Chanting

Every Tuesday

1:00pm - 1:45pm

Surya Namaskara

Yoga for Cardiovascular Wellness

Every Tuesday

1:45pm - 2:30pm

LOCATION

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

Bronx, New York

914-457-0716

website: www.wisearth.org

email: mom@wisearth.org • srijaya@aol.com

LOCATION

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

Bronx, New York

914-457-0716

website: www.wisearth.org

email: mom@wisearth.org • srijaya@aol.com

MOM'S OUTREACH

The South Bronx, New York

2005 CLASS SCHEDULE

Yoga, Breathwork & Sound - Healing Passes

Every Monday

10:00 am - 10:45 am

Surya Namaskara:

Yoga for Cardiovascular Wellness

Every Monday

10:45 am - 11:30 am

LOCATION

Mother OM Mission (Mercy Center)
377 East 145 Street • Bronx, New York
718-993-2789

email: mom@wisearth.org • srijaya1@aol.com

website: www.wisearth.org

MOM'S Instructor: Emerita Foster - 718-681-1715

MOM'S NEW YORK INSTRUCTORS

Anthony Boodoo • Emerita Foster • Brunilda Matos

James Boodoo • Iris Boodoo • Shivana Jorwar

Bisram Deocharan • Eileen Singh • Sunita Gir

Natalia Salinas • Nalinika Singh

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 nine years.

Wise Earth



PO Box 160 • CANDLER, NORTH CAROLINA 28715

FREE CLASSES

*in Holistic Health Education
in Wise Earth Tradition*

Yoga Breath & Sound

2005

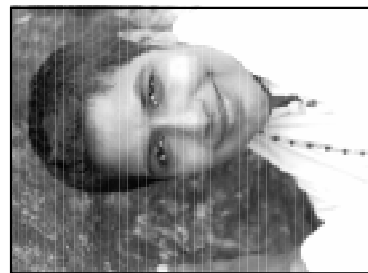
SCHEDULE OF CLASSES



*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

PO Box 160
Candler, North Carolina 28715



Sri Swamini Mayatitananda

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 Mayatitananda. 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.

Sri Swamini Mayatitananda 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 Mayatitananda 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.