

TANTRA YOGA

Embodying the Great Light of Consciousness through the Teachings of Meditation and Asana Practice

with Paul Muller-Ortega & Todd Norian



Event & Registration Information:

Friday-Sunday October 20-22, 2017

Friday: 6:30pm-8:30pm, Saturday: 9am-6:30pm, Sunday: 9am-4:30pm

Each day is a combination of Asana and the Meditation Teachings of Tantra

Shakespeare & Co., 70 Kemble St, Lenox, MA 01240

\$245 Early Bird by 9/22 | Discount if pre-registered for Initiation

Questions: SvatantraStudy@gmail.com • **Register Online:** BlueThroatYoga.com

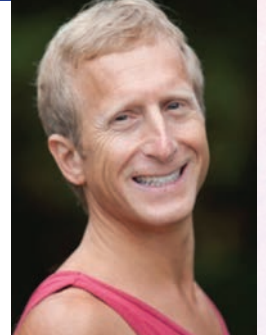
Professor Paul Muller-Ortega, Ph.D.,



is a world-renowned scholar in the field of Indian Religion and Hindu Tantra. He is the founder of Blue Throat Yoga, which teaches the elegant Svatantra philosophy of Kashmir Shaivism, based on the practice of Neelakantha Meditation. He has taught meditation to thousands throughout the world, and served as Professor of Religion at Michigan State and the University of Rochester. Paul brings to his teaching the rare combination of knowledge and experience, taking his students on a profound guided tour of consciousness that is life-changing and enlightening.

Todd Norian, E-RYT 500

teaches yoga with the heartfelt intention to awaken others to their inherent potential for unlimited joy, vitality, and fulfillment. Founder of Ashaya Yoga®, Todd's style is one of precise therapeutic alignment infused with heart. With warmth and humor, Todd creates a sanctuary of sublime transformation in which students step into the power of their own heart.



Tantra Yoga in the Kashmir Shaiva Tradition

is a profound set of practices of the Heart. Join us as Renowned Scholar and Meditation Teacher, Paul Muller-Ortega, and Ashaya Yoga® Founder, Todd Norian, take us on an experiential journey of discovery through the Tantric practices and teachings that enhance daily life. During this workshop, we consider truths of Consciousness and elements of practice that take us into a deeper wisdom of existence. Together we raise the vibration of our awareness and unfold the possibilities of deeply rooted freedom within.

“Deep inside, there is bliss.”

NEELAKANTHA MEDITATION INITIATION

Two Days of Personal Instruction, 18 Months of Support, a Lifetime of Practice

with **Paul Muller-Ortega**



The Course begins with two days of formal instruction:

Monday, October 23, 2017 • 10:00am-5:30pm

Tuesday, October 24, 2017 • 10:00am-5:30pm

Shakespeare & Co.

70 Kemble St, Lenox, MA 01240



18 Month Course Tuition: Early Bird \$550 (through September 22), \$600 after

Questions: SvatantraStudy@gmail.com • **Register Online** at BlueThroatYoga.com

Neelakantha Meditation

is the practice of deep meditation that works to bring about transformation, healing, and benevolence in your life. It is a daily meditation practice that is governed by the principle of effortlessness, which is easy to learn and practice and is accessible to everyone.

Neelakantha Meditation allows you to establish a direct connection to your own deepest reality and reconnect with your innate nature of freedom, creativity, clarity, bliss and everything wonderful in life.

This two-day course is the beginning of a lifetime of practice. You will learn the practice itself and the specific context and foundational principles underlying the practice, which is rooted in SvaTantra - the Tantric teachings of the ultimate freedom of Consciousness.

The 18-Month Course Includes:

- Welcome audio message
- Two-day course of formal personalized Initiation into Neelakantha Meditation
- Ongoing Live Meditation Practice Teleseminars
- Original translations of Tantric texts
- Online Wisdom Library
- Auditing Day 2 of Initiation events at no cost
- Special Audio Satsangs
- Additional Supporting Practices and Materials
- Invitations to attend Meditation Retreats and to receive Advanced Initiations

Professor Paul Muller-Ortega, Ph.D.,

is a world-renowned scholar in the field of Indian Religion and Hindu Tantra. He is the founder of **Blue Throat Yoga**, which teaches the practice of Neelakantha Meditation and the elegant SvaTantra philosophy of freedom in the Kashmir Shaivism tradition. He has taught meditation to thousands throughout the world, and served as Professor of Religion at Michigan State and the University of Rochester. Paul brings to his teaching the rare combination of knowledge and experience, taking students on a profound guided tour of Consciousness that is life-changing and enlightening.

Blue Throat Yoga is a School for Meditation Studies designed to help you establish deep freedom and joy in everyday householder life.

