

WHAT IS NAAM YOGA?

Naam Yoga is the "crème de la crème" of yoga! It is the perfect balance of a mental, physical, and spiritual practice all in one. Naam Yogi's chant sacred words (mantra), stimulate energy meridian's in the body through different hand positions (mudras), practice healing breathwork (pranayama), and engage their bodies in healing physical exertion (kriyas) in order to create harmony and balance in their lives. In addition to the physical practice, there is an ongoing discovery of the Divine Spiritual Wisdom, as taught through the Universal Kabbalah for thousands of years.

Chanting the Naam, or sacred word, allows you to merge with it, and practicing the yoga integrates the sacred sound to your physical body. We all have our place in this big orchestra of life. When we are out of tune, we are out of balance with the Universe. By vibrating the Word, you can put yourself back in tune with the rhythm of life.

Come with an empty cup and fill yourself with this gift of light!

"Naam Yoga activates the inner spiritual organs and the nerve of the soul awakens. You will break through the illusion of time and space (maya) and experience the ultra consciousness in consciousness."

- Gurunam

WHAT SHOULD I EXPECT FROM A NAAM YOGA CLASS?

1. Tune In: We connect with our breath and then vibrate a sound that connects us to the Universal source of yoga.
2. Pranayama: We practice breathwork to cleanse and recharge the body.
3. Seed Sound: We chant the seed sound for every month connecting us with the energy of that month and with the Universe.
4. Physical Practice: We warm up our bodies and then practice a kriya, or a set of exercises that help the body to function optimally.
5. Meditation: Every class includes an 11-minute meditation.
6. Closing and Tune Out: We close class by bringing in light and protection, and connecting Universally with acknowledgement and gratitude.

SAT NAM!
(Truth is my identity)

ABOUT THE INSTRUCTOR

Lemia Astarabadi has been practicing various forms of yoga for the past nine years. She is a Holistic Health Practitioner, and has been working with private clients for the last four years. Lemia taught middle school children for six years, and has taught Massage Therapy classes at Healing Hands School of Holistic Health. She graduated from the first Naam Yoga Teacher Training in New York City, and is excited to bring this form of yoga to the West Coast. In addition to her healing modalities, Lemia is a singer/songwriter in a band called *The Conscious Groove*, and she enjoys writing children's literature. Lemia is an enthusiastic teacher with an open heart and a desire to serve for the highest good of all.

Please call for more information about Naam Yoga, or if you would like to schedule a private Naam Yoga Lesson, massage/bodywork appointment, or schedule a Harmonyum session.
(949) 677-3700

WHAT SHOULD I BRING TO CLASS?

*Wear comfortable, loose fitting clothing

*Bring a yoga mat and/or sheep skin rug

*Bottled water and a towel is optional

*Above all, bring a positive attitude and an open mind!

CLASS FEES

GROUP RATES

Non-Member Drop In: \$15/class

Non-Member 5 Class Pkg.: \$60

*Members see the front desk for rates

PRIVATE RATES

\$85 Per Session. See the front desk for packages.

HOW CAN I LEARN MORE ABOUT NAAM YOGA AND THE UNIVERSAL KABBALAH?

Check out the website for Naam Yoga at:

www.naamyoga.com

www.universalforceyoga.com

www.rootlight.com

The Universal Kabbalah is taught in the following books written by Joseph Michael Levry (Gurunam):

[Lifting The Veil](#)

[Alchemy of Love Relationships](#)

[The Divine Doctor](#)

[The Healing Fire of Heaven](#)

[The Code of the Masters](#)

Also, go to the Akashic Record link at www.rootlight.com and learn more how the Divine Spiritual Wisdom taught in the Universal Kabbalah can help you personally.

CLASS SCHEDULE

Private and group classes available.
Call The Art of Fitness to schedule your
Private Naam Yoga session.

GROUP NAAM YOGA CLASSES UPSTAIRS FROM THE ART OF FITNESS

Tuesday's 6:00PM – 7:30PM

***Call and sign up NOW!**

LOCATION

THE ART OF FITNESS

1080 S. Coast Hwy.

Laguna Beach, CA

(949) 464-0202

(Upstairs from The Art of Fitness, at the Art of Zen)

Lemia Astarabadi (949) 677-3700

www.starbodyhealing.com

THE ART OF FITNESS NOW OFFERS:

NAAM YOGA

**Private and Group Classes
Available**

Lemia Astarabadi, H.H.P, C.M.T
Certified Naam Yoga Instructor

(949) 464-0202