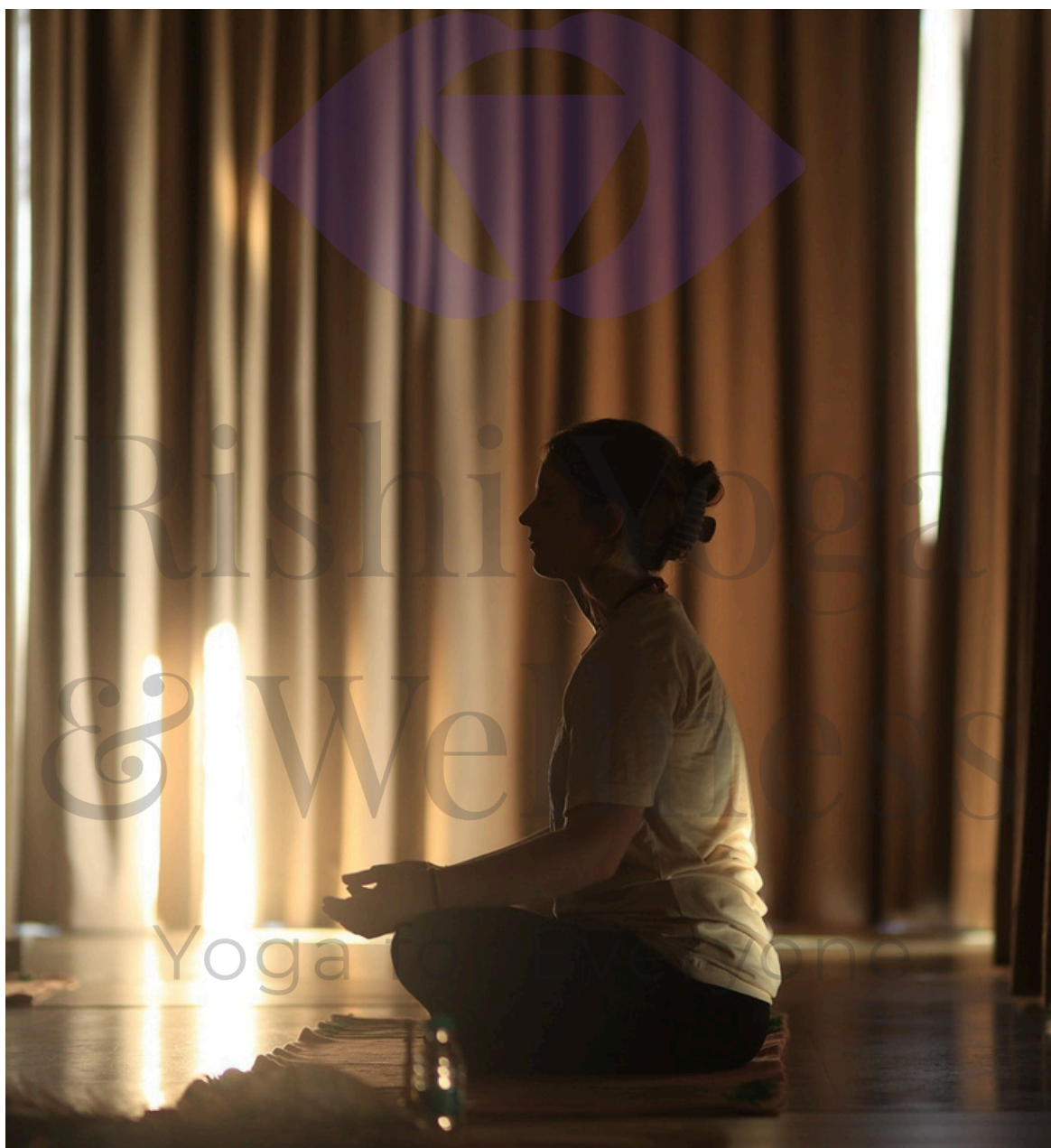


RISHI YOGA & WELLNESS STARTER GUIDE



rishiyogaandwellness.com/sadhana



HARI AUM,

Aum Namaha Shivaya new Sadhak,

As your torch, I am ready to show you the way towards peaceful spirituality with ease and the help of simple Sadhana.

This program is all about *Vasudev Kutumbakam*, meaning we are all family and everyone joining this program will be treated with dignity, love, and respect.

With the grace & blessing of Shiv Shambu Mahadev,
-Guru Karmananda: Disciple of Premanand Ji,
Sadhguru Ji, & Neemkaroli Baba Ji



SADHANA BENEFITS



Clarity

Create the Life YOU want

The end of second guessing, doubts, and self-sabotage.

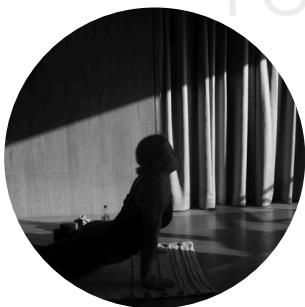
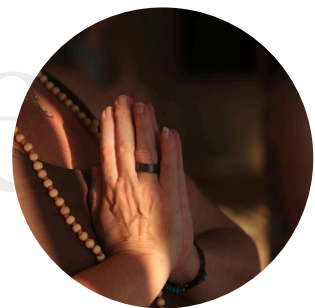
Learn to embrace your Faith & tune into your intuition.

Drop bad habits and pick up new ones that serve your Soul.

Problem Solving Capacity

Face every obstacle

Enhance your resilience, learn to find opportunity in your challenges, & release your fears through action, technique, and structuring of your complex human system.



Synchronicity

Move forward with Grace

Expand your Cosmic connection and vision, bring alignment to your thoughts & actions, and watch as the whole Universe works in your favor.



MILESTONES

Jan

Consult

Meet your Guru, learn the simplest way to set-up a Sanatan Mandir (Temple) in your home & receive personalized tips to curate the ideal space for Sadhana. This essential first step is a major milestone!

Feb

First Session

A true celebration, the beginning of your Sadhana. Connection, prayer, & an opening ceremony to fill your sacred space with Divine vibration.

Apr

Session 30

One month in! You have an understanding of foundational practices, have built confidence, and are ready to deepen your learning. Congratulations!

May

Session 60

An incredible show of discipline & commitment. Let's share the ways our Sadhana are impacting our lives and enjoy beautiful, 'made it half-way', festivities of renewal.

Jul

Session 90

As Sadhana fills your toolbox and your divine connection strengthens, we won't hesitate to rejoice in the accomplishments together. What an incredible shared journey.

Aug

Last Session

6 months of Sadhana! Not the end, but just the start. We will wrap with a special ceremony, initiation rituals, and plenty of guidance for your next steps. Welcome new Hatha Yogis to this Divine life!



THE ROLE OF GURU

गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः । गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

Gurur Brahma, Gurur Vishnu, Gurur Devo Maheshwaraha, Guru Sakshat Parabrahma,
Tasmai Shri Gurave Namaha

The Guru is Brahma (the creator), the Guru is Vishnu (the preserver), the Guru is Shiva (the destroyer), the Guru is the supreme Brahman. Salutations to that great Guru

Creation

01

Guru creates the path towards your liberation. Through their own self practice, they find a way. There are many ways, but for effective Sadhana, Sadhak must choose one. Faith in Guru is the main pillar of Sadhana.

Perservance

02

Distractions, illusions, fluctuations will come. Guru is there to answer your questions, and put you back on your path. Gurus unwavering Faith in the Supreme Source, serves to maintain your own journey.

Destruction

03

When Sadhak is ready to let go of fears, doubts, & limitations, Guru helps to facilitate these transformations. Sadhana is adjusted & Guru lights the way of acceptance, neutrality, & clarity.



NEXT STEPS



Thank you!

Prepare your Sadhana Space & Join your New Community. We will reach out with an email describing Mandir set-up, scheduling your consult, & adding you to your Sadhak group chat. Aum Shanthi Aum.



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