



Yoga Intensive

FLEXIBLE BODY & CALM MIND

This Intensive is for you if you want to learn the authentic teachings from India, which have been helping people experience increased physical vitality, mental clarity and spiritual well-being for thousands of years.

The safest hatha yoga postures (Asanas) for back problems will be shown, but the focus will be on enlightening meditation practices, yoga philosophy, rejuvenating breathing techniques (Pranayama), and personal growth development. Best of all, you'll be able to integrate these principles & practices into all of your other yoga classes.



You Will Know How To:

- * Quickly increase your energy
- * Practice a 10 minute hatha yoga routine that's safe for your spine
- * Calm your mind consistently throughout the day
- * Cultivate true inner peace

What is RIGHT Yoga? RIGHT Yoga™ was created by Dr. Schillinger to introduce Westerners to all of the physical *and* mental health benefits yoga provides - not just the postures (Asanas) featured in America. The basic premise of this method is that *there is no one right way* to be healthy or happy, but there is a way that's right for you. Whether you have never been to a yoga class or you're an advanced practitioner, RIGHT Yoga helps you re-wire your body and brain to enjoy clear, positive beliefs and creative, productive behaviors.

"Dr. Schillinger's makes yoga physically safe and spiritually accessible to everyone." R.D.

"This was a great tool for me to start practicing yoga. Thank you for an excellent intensive!" A.N.

"The Intensive was fun and the spiritual experience was deep. I can't wait to do it again." V.I.

WHEN: Tuesdays, June 18, July 23, Aug. 20, Sept. 24, Oct. 22, Nov. 19, Dec. 17; **6:30-8:30 PM**

REGISTRATION: Call 491-0959, email Schillinger.chiropractic@gmail.com or online – [click here](#)
(Pre-registration highly recommended – limited to 8 participants)

WHERE: 1050 Northgate Drive, Suite #1, San Rafael, CA 94903

FEE: \$30, pay online [here](#)



Dr. Schillinger created RIGHT Yoga™ after 35 years organizing the principles and practices of Eastern philosophy, transpersonal psychology, brain - science and quantum physics. In the 1970's he studied with Swami Rama and Sri Chinmoy, and in 1983 he was initiated by Thakar Singh into Shabda Yoga. In 2001, Mark attended the Maha Kumbha Mela event in India where he was initiated into Kashmir Shaivism by Mahatma Paharibaba. He has helped thousands of people better understand yoga with his insightful and energetic style of teaching.