



## Meditation & Yoga Intensive

### FLEXIBLE BODY & CALM MIND

This ongoing program is for you if you want to enjoy increased physical vitality, mental clarity, emotional well-being and deep spiritual contentment - even if you have the busiest of schedules.

Living a lifestyle filled with great health and true happiness is not just meant for only a few select lucky people throughout history. You'll learn how to increase your ability to control your mind and body by learning simple mindfulness based meditation techniques, rejuvenating breathing skills and easy hatha yoga postures. Best of all, you can do any of these procedures in just 15 seconds!

#### You'll Know How To:

- \* Quickly relax your body anywhere, anytime
- \* Instantly calm your mind throughout the day
- \* Effectively master your energy levels at will



What is RIGHT Yoga? RIGHT Yoga™ was created by Dr. Schillinger to introduce Westerners to all of the physical, mental and spiritual 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, happy or holy, but there is a way that's right for you. Whether you've never been to a yoga or meditation 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 intensive makes yoga physically safe and spiritually accessible to everyone."* R.D.

*"This was a great tool for me to start practicing meditation. 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, July 17, Aug. 21, Sept. 25, Oct. 16, Nov. 20, Dec. 18 2018; **6:30 – 8:30 PM**

**REGISTRATION:** Call 491 – 0959, email [Schillinger.chiropractic@gmail.com](mailto: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



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.