

MOM's Outreach

Richmond Hill, New York
2003 CLASS SCHEDULE

Play Yoga™ for Children

Every Monday
7:00pm - 8:00pm

Healing Passes

Yoga, Breathwork and Vedic Chanting

Every Tuesday
7:00pm - 7:45pm

Surya Namaskara

Yoga for Cardiovascular Wellness

Every Tuesday
7:45pm - 8:30pm

LOCATION

Mother OM Mission (Arya Samaj Building)
110-17 101 Avenue • Richmond Hill, New York 11419
347-453-2554
website: www.wisearth.org
email: mom@wisearth.org • tonyirismom@aol.com

MOM's Outreach

North East Bronx, New York
2003 CLASS SCHEDULE

Play Yoga™ for Children

Every Saturday
7:00pm - 8:00pm

Healing Passes

Yoga, Breathwork and Vedic Chanting

Every Tuesday
7:00pm - 7:30pm

Surya Namaskara

Yoga for Cardiovascular Wellness

Every Tuesday
7:30pm - 8:00pm

LOCATION

Mother OM Mission c/o Bhavani Mandir
2312 Bruckner Blvd.
Bronx, New York
914-237-1510
website: www.wisearth.org
email: mom@wisearth.org • srijaya1@aol.com

MOM'S OUTREACH

The South Bronx, New York
2003 CLASS SCHEDULE

Beginning August, 2003

Yoga, Breathwork & Sound - Healing Passes

Every Thursday
6:00pm - 6:45 pm

Surya Namaskara:

Yoga for Cardiovascular Wellness

Beginning July 10th, 2003
Every Thursday
6:45pm - 7:15 pm

LOCATION

Mother OM Mission
Location to be announced
914-237-1510
email: mom@wisearth.org • srijaya1@aol.com
website: www.wisearth.org

MOM'S NEW YORK INSTRUCTORS

Anthony Boodoo • Nalinika Singh • Brunilda Matos
James Boodoo • Iris Boodoo • Shivana Jorwar
Diwanti • Florence Maharaj • Roger Maharaj
Carol Mohammed • Emerita Foster

MOM's Educational Coordinator

Jayasri Jorwar
Ms. Jorwar is a Sadhaka of Wise Earth School
and has been teaching and practicing Ayurveda in Wise
Earth Tradition in the New York area
for the past seven years.

We applaud MOM's volunteer instructors for their dedicated service to MOM's community. Gratitude to Frank Singh of Marine Funding for his immense support of MOM's work in Richmond Hill, New York. MOM thanks Pt. Rohit Deocharan of Bhavani Mandir for his kind support.

Wise Earth



90 DAVIS CREEK ROAD • CANDLER, NORTH CAROLINA 28715

FREE CLASSES
*in Holistic Health Education
in Wise Earth Tradition*

YOGA BREATH & SOUND

2003
SCHEDULE OF CLASSES



*MOM's education
is sponsored by
Wise Earth School,
a non-profit organization
dedicated to the teachings and
preservation of holistic health
education and wholesome community
lifeways through Ayurveda in
Wise Earth tradition.*

Mother Om Mission
109 Wakefield Avenue
Yonkers, NY 10704



Swamini Mayatitananda

MOM'S PROGRAMS

Healing Passes: Yoga and Breathwork

The Healing Pass is a unique therapeutic form of yoga designed to integrate body, mind, and spirit. The aim of Healing Passes is to integrate the five major pranas within. The Healing Passes help to connect inner sound to breath, and breath with movement. Cultivating this keen awareness is the way of Wise Earth Practice. In this highly practical yoga training, you will learn to breathe and move and express inner sound in alliance with the greater cosmic energies, strengthen your two main channels of breath, and restore memory and health. Maya Ma tells us that Primordial Sound gives rise to prana, and it is prana that evokes posture.

Play Yoga™ for Children

Play Yoga™ in the Wise Earth Tradition is a gentle, ebullient form of yoga developed specifically for children by Swamini Mayatitananda. Play Yoga™ works in accord with nature's rhythms to help children reclaim their innate ability to be joyous and playful.

In this unique school of yoga, children learn to flow in harmony with nature by emulating the natural movement of the animal – cat, tiger, lion, frog, ostrich, cobra, butterfly, crane, lizard, crocodile – they learn the flow of the five elements of nature by posturing - wind, tree, water, earth and the animals.

Play Yoga™ is a Wise Earth creative educational program for children that:

- releases joy
- brightens mind
- develops confidence
- lightens spirit
- reclaims innocence
- cultivates well-being
- delights heart
- strengthens memory

Surya Namaskara: Sun Salutation

Surya Namaskara (Sun Salutation) is a dynamic form of yoga practiced in a series of postures which emulate the rhythms of the sun and honor solar energy within and without. These postures are linked together to create seamless coordination of breath and movement which strengthen the heart and the body's circulation. This classical sequence of postures developed by ancient yogis is an excellent practice for harnessing the immense powers of the sun. It offers a great work out for the body and makes the mind tranquil and the heart strong. This sequence of postures is centered on seven classical landmark postures.

Swamini Mayatitananda is a compassionate spiritual Mother who has helped thousands of people to heal from life-threatening diseases. A pre-eminent Vedic monk, Mother Maya has been carefully tutored by His Holiness Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage – Veda Vyasa. Mother Maya is the spiritual head of the Wise Earth School of Ayurveda, a non-profit organization in North Carolina, USA, and is the founder of Mother Om Mission (MOM), a charitable organization in Guyana, South America, whose radical new approach in several at-risk communities is transforming violence and disease into peace, nurturance, and health.

Swamini Mayatitananda has been presenting her inner medicine vision for healing and world peace for twenty-five years at conferences worldwide and has presented her vision at the *Global Peace Conference of Women's Religious and Spiritual Leaders* at the United Nations in Geneva, Switzerland.