

# Yantra Yoga

## The Tibetan Yoga of Movement

## A Unique Yoga Experience

Synchronizing every movement with conscious breathing we find ourselves in a perfectly relaxed state. Each yoga sequence performed in Yantra Yoga aims to guide the breath into a natural harmony with the mind and body. One of the oldest recorded systems of Yoga that exists in the world, for centuries Yantra was a closely guarded secret reserved for advanced yogic practitioners. In light of its universal benefits for humanity, Yantra Yoga was first introduced to the West in the 1970s by one of the foremost Dzogchen masters of our time, **Chögyal Namkhai Norbu**. Yantra Yoga contains a wide variety of movements that can be applied by everyone. It is a superb method for attaining optimal health, relaxation and balance through the coordination of breath and movement.



Introduction to Yantra Yoga Workshop  
Sunday November 8th 3-5pm  
Price \$20, \$18 with student ID  
Fire and Water member price \$15

Yantra Yoga Series Sundays 3-5pm  
November 15, 22, 29, Dec 6, 13, 20  
Price \$120, \$100 with student ID  
Fire and Water member price \$90



Instructor Naomi Zeitz has been studying with Tibetan Dzogchen Master Chögyal Namkhai Norbu since 1987 and a student of Fabio Andrico and Laura Evangelisti, the two principal international Yantra Yoga instructors and trainers in the world, since the same year. Naomi first became authorized to teach Yantra Yoga in 2008. Naomi's specialty is working with people of all ages and physical conditions. She has also trained extensively in breathing techniques with Fabio Andrico that deeply harmonize and relax. Naomi has taught throughout the US, in Canada, Italy, Argentina, Spain, Israel and Venezuela. She is known for her gentle but precise methods, her humor and her capacity to transmit the powerful and profoundly beneficial methods of Yantra Yoga.

In this series you will learn 9 Purification Breathings, Tsijong or loosening the joints, Lungsang or the purification of the respiration, Tsandul or mastering the channels, Vajra Wave - the series of movements for ending a session of Yantra Yoga

For more information about Yantra Yoga visit [www.yantrayoga.net](http://www.yantrayoga.net)

Fire and  
Yoga Studio



Water  
Juice Bar

[fireandwateryoga.com](http://fireandwateryoga.com)

Down the Alley Behind Antonio's Pizza- 39 Boltwood Walk Amherst Ma.