

“To focus on your strengths, and eliminate everything that is holding you back, with a modern approach to spirituality and worldly well being, and down to earth advice to uncover your happiest you, let Swami Yogaratna take you on your own journey of self discovery, unlock your power to heal yourself.” a student

Swami Yogaratna was initiated in 1984 as a sannyasin of the **Bihar School of Yoga**, which was founded by **Paramahansa Satyananda**, a direct disciple of **Swami Sivananda** of Rishikesh, and is now run by **Swami Niranjanananda**.

She has had over **24 years experience**, giving programs all aspects of yoga meditation, yoga therapy & spiritual counselling in Bangalore, South India and overseas.

Swami Yogaratna was born in Paris, France, of an Australian artist and musician. She grew up in Bombay, India with a rich cultural background.

She has understood and experienced the essence of ancient, traditional **Indian Spirituality**, and the science of **Yoga Meditation**, and is able give us this experience, in simple, direct teachings from a modern viewpoint to both Indians and expats.

Using her deep insight into our **therapeutic, psychological and spiritual needs**, she enables us to learn how to **tap into the positive energy & peace within**, and connect to our **Higher Self**, through easy meditation, pranayama & yogasana practices, as well as through the Higher Yogas.

Classes include...

1. **Stress Management**: consisting of Yoga Nidra (Psychic Sleep Meditation) and simple asanas & pranayamas.
2. **Yoga Therapy**: including asanas, pranayamas & meditations specific and appropriate to a range of ailments depending on needs and capacities of participants.
3. **Yoga & Tantra**: experiencing a variety of Higher Yogas, asanas, pranayamas, mudras, bandhas, meditations, satsangs, and chanting from the Satyananda Bihar Yoga tradition.
4. **Individual sessions** are available for those wanting a deeper and more specific personal guidance in their sadhana, and spiritual counseling.
5. **Special Programmes** can be arranged for groups, on any aspect of the above Yoga Meditation, Indian Spirituality, Yoga Therapy.

Contact Swami Yogaratna
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.....now stop a moment, and notice how you feel....