

# YOGADHARMA

## HOW YOGA WORKS (Part One)

with Amy Cronise-Mead MFA, ERYT-500

JAN 27, 2012



**ONYX MIND BODY**

45 Mountain Blvd, Warren, NJ – 908.834.8064

Register online at [www.onyxmindbody.com](http://www.onyxmindbody.com)

We are pleased to announce  
YOGADHARMA 300 hour IMMERSION and TEACHER TRAINING  
at ONYX MIND BODY | SEPTEMBER 2012 – MAY 2013

# HOW YOGA WORKS (Part One)

with Amy Cronise-Mead MFA, ERYT-500

JANUARY 27, 2012

6:30 – 9:00 pm

How and why to do yoga.  
An intro to karma and yoga  
as a comprehensive practice,  
both on and off the mat.

FEE: Onyx Mind Body class plus \$20

For centuries, Wise Ones have taught that a path to ultimate happiness requires immersing ourselves in both the study and practice of yoga. YOGADHARMA is the practice of these two wings in equal measure, within a pure lineage with roots back to the yogi Master Naropa and the Lord Buddha himself. In all YOGADHARMA trainings, our aims are a.) to use these two wings to move into our full potential; and b.) to develop a bodhisattvic world-view, so that we can be of highest service to other beings and find ultimate happiness. This path is perfectly called “the blissful path to bliss.”

Amy and Will are the Founders and Directors of YOGADHARMA. Long-time students of Geshe Michael Roach and Lama Christie McNally, they are committed to teaching a yoga that cultivates kindness, wisdom, and ultimate happiness. Amy and Will live with their four children in Bucks County, PA.

# YOGADHARMA

Choose the path to bliss!

[WWW.THEPATHTOBLISS.COM](http://WWW.THEPATHTOBLISS.COM)