



Mantra Sadhana with Emma Balnaves

Course information

The course has pre-requisites

- Each class will be available for review for 1 week
- There will be time for questions at the conclusion of each class.
- Once the course is complete, students are to maintain the sadhana for 6 weeks on their own after which we will offer a free live Q&A on 28 January 2021 for further questions (to be submitted by email beforehand)
- Instruction given during this course is implemented by the practitioner daily prior to retiring in the evening.

Requirements for the course

- Application is open to all Shadow Yoga teachers and experienced practitioners who have completed any of the week-long or retreat setting shadanga yoga courses since 2017
- All participants need to have a long-standing relationship of learning with Sundernath and Emma
- Padmasana seat is a requirement
- A mala of 27 beads is required
- The week before the course commences (12 November) we will email a link with instructions of how to prepare for each class.

Course schedule

1. Salutations, Dakinis, Nadis
2. Yogini nyasa vidhim (part 1)
3. Yogini nyasa vidhim (part 2)
4. Mantra Raja
5. Conclusion

Images will be sent with written material for study

