



Maha Sadhana Workshop First Saturday, Monthly

The Great Divine Complete Eternal Practice as taught to Yogi Brian by his guru Sri Yogi Dharma Mittra.

This session begins with the spiritual purification discourses conveying the ancient teachings in our modern lives. It continues with an in-depth long and challenging Shiva Namaskara posture practice, including pranayama, call and response chanting, deep healing relaxation and a guided meditation practice. The program concludes with Yogi Brian's joyous Devotional Dharma Asana Satsang Jam. Personal attention and helpful hints are given as well as direction towards self-realization and the true goal of Yoga.

A meticulously assembled Workshop in honor of a Legendary Yoga Master.

*Pre-Registration is recommended, space is limited.

YogiBrian.com
203-838-YOGI

Yogi Brian's Classes

Gentle Yoga Class

Restorative, relaxing and very beginner friendly. Learn how to breath, move and feel great in your own body again. Release tension and restore health and vitality to your whole being. Ideal for those who are returning from an injury or have not moved in awhile. The best way to end a hard day. Meditation and relaxation included.

Open Yoga Class

Hold on to your Yoga mat, your personal relationship with energy (or your spirit) may never be the same. Specifically designed for those who want to "work it" and "purify it", Brian's Open Class will help you connect with the higher awareness that exist inside yourself so you can feel your absolute best. A friendly and supportive environment that is suitable for the beginner, intermediate and advanced student.

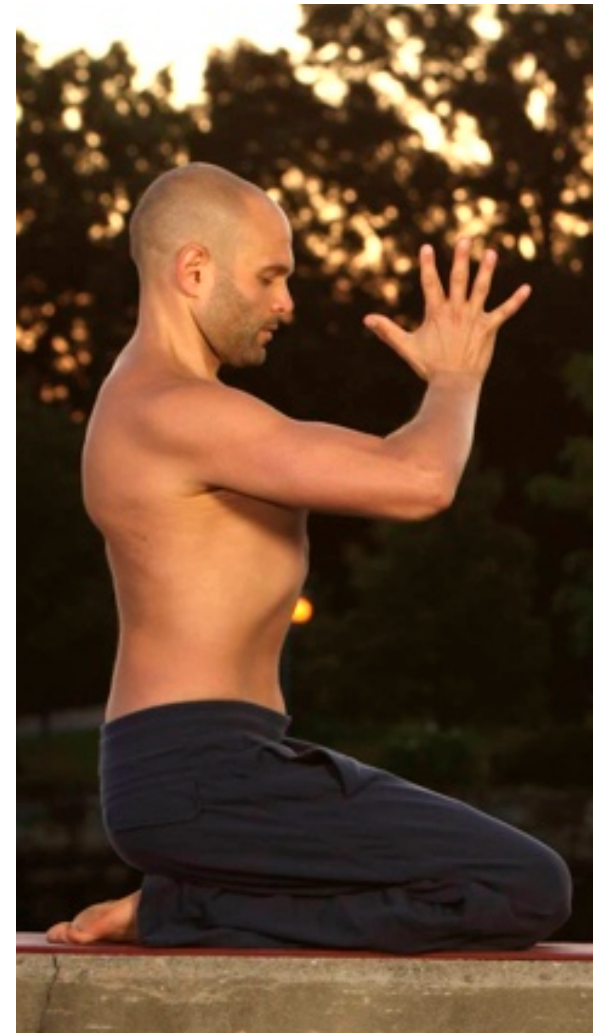
Master Yoga Class

A challenging and physically absorbing practice that regenerates the flow of prana through the spinal column emanating deep into all areas of the physical, energetic, metabolic, intuitive and bliss bodies. Designed for regular practitioners and Yoga teachers of all traditions wishing to progressively move forward into the more challenging back bending, twisting and inversion pose variations. Ignite the entire body and unleash the life force within.

SRI YOGI BRIAN BUTURLA
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SRI YOGI BRIAN BUTURLA

Private Yoga Instruction

Yogi Brian has personally customized the Private Yoga Experience for individuals with almost every conceivable health restriction and limitation.

Whether you are new to Yoga or believe that your current practice is missing something Private Yoga Instruction with Yogi Brian will help you connect with the postures and movements that are appropriate, right and healing for your condition.

Eliminate stress and depression, master your metabolism, improve your energy level and create an inner peace that will last a lifetime.

Yoga Classes

Yogi Brian offers gentle, open and master level Classical Hatha-Raja Yoga Classes in the Kripalu Yoga and Sri Dharma Mittra Yoga Traditions.

Beginners need not feel intimidated, and long-time practitioners will be challenged on many levels. Having trained with some of the leading Yoga teachers in the world, Yogi Brian offers a holistic approach to health and wellness that requires no more than sincere desire and a Yoga mat.

Class Schedule

Monday Master Class	12:00 – 2:00 Pm	Yogi Brian's Norwalk
Monday Gentle Class	7:45 – 8:45 Pm	Yogi Brian's Norwalk
Tuesday Open Class	12:00 – 2:00 Pm	Kaia Yoga Westport
Wednesday Master Class	12:00 – 2:00 Pm	Yogi Brian's Norwalk
Friday Open Class	12:00 – 2:00 Pm	Kaia Yoga Westport
Saturday Open Class	8:30 – 10:30 Am	Ananda New Canaan

Workshop Schedule

Maha Sadhana – The One Eternal Practice
First Saturday, Monthly

YogiBrian.com

Sri Yogi Brian Buturla

Yogi Brian Buturla is a Yoga Alliance, Experienced Registered Yoga Teacher. His principal teachers are Sri Yogi Dharma Mittra and Yoganand Michael Carroll. He is a graduate of both the Kripalu School of Yoga and Dharma Mittra 200 and 500 hour Teacher Training Programs. His energy is amazing and nothing short of inspirational. Yogi Brian will lead you to your inner most being and help you make a stronger connection to your Higher Self.

Yogi Brian's Studio is centrally located in East Norwalk, Connecticut.

