

Original Hot Yoga Traverse City Presents

# A Two Day Workshop with Muktamala Mitra nee Ghosh

Saturday, January 16th and Sunday, January 17th



Muktamala



P. Yogananda

*Her First Workshop in the USA!* Muktamala is the grand daughter of Yogananda's younger brother Yogi Bishnu Ghosh, founder of the "Ghosh's Yoga College" where the famous 26/2 postures originate. P. Yogananda, is the author of the world famous "Autobiography of a Yogi". Currently, Muktamala is the Vice President of the "Ghosh's Yoga College" in Calcutta, India. In this workshop, Muktamala will teach the asanas, the exercises based on the asanas, pranayams and meditation that boost immunity and life expectancy.



Bishnu Ghosh

***This is an online workshop. All attendees will participate together in the Yoga studio. Space is limited and open to residents of the Grand Traverse Area only.***

**Day One: 8am–1pm (with mid-day break)**  
**Managing Stress–The Original Ghosh Yoga Way**

**Day Two: 8am–1pm (with mid-day break)**  
**Boosting Immunity and Increasing Life Expectancy–**  
**The Original Ghosh Yoga Way**

**Cost:**  
**\$250 for both days**  
**\$175 per day (Saturday or Sunday)**

***To register and receive more information  
please email: [earthwalk2k@yahoo.com](mailto:earthwalk2k@yahoo.com)***

**Original Hot Yoga, 845 S. Garfield Avenue, Traverse City, MI 49686**  
**originalhotyogatc.com 231.392.4798**