

ASHEVILLE

STUDIO



A.C.K.

INSTITUTE  
OF  
YOGA



For information and Scheduling - Call 828) 255-1914

*Dear Friend,*

HELLO! ... and thank you for the interest that you've expressed concerning training in the amazing art of yoga. For five thousand years, people like yourself have found an answer to their physical goals, personal problems, and desires for meaningful change and improvement, within the scope of yoga. Ancient wisdom and methods have given individuals a better understanding of themselves and life around them, resulting in a more effective and enlightened way of living it.

With 35 years or experience in serving the public and producing the desired results, you will find our staff and certified instructors here at the A.C.K., the most professional, capable, and caring individuals anywhere in the world of fitness training and personal development. While we maintain the traditional atmosphere and esoteric principles of yoga – which have been respected and sought after by well informed individuals for thousands of years - our training advances, modernized programs, and easily understandable methods of teaching, truly place us on the forward cutting edge of yoga instruction and evolution. [Simply put – we are experts at fulfilling your needs through yoga – whether physical, mental, or spiritual.](#)

Frankly, with the current commercialization of yoga and its immense popularity, most yoga schools have become only exercise mills, with large classes of 15 – 50 people and little or no personal attention. Amazingly, the vital mental and spiritual techniques that GIVE YOGA ITS POWER, and allow it to extend into your life far beyond mere exercise, are not even being taught! At the A.C.K., in small personal classes, we are specialists in delivering the full scope of yoga – mental and spiritual.

We cordially invite you to join our 'family' on a voyage of personal discovery, achievement, and happiness – beyond the bounds of your imagination: **Your great increases in discipline, vitality and health, stamina, peace of mind, and extraordinary spiritual experiences – will give you untold satisfaction.** You may never be the same again ....

*Staff and Instructors  
A.C.K. Institute of Yoga*

# SPECIAL INTRODUCTORY YOGA PROGRAM



**8 HOURS OF INSTRUCTION**

**FOUR PRIVATE LESSONS**

**Just ..... \$ 125**



**HEALTH + STRENGTH + VITALITY + STAMINA + DISCIPLINE**  
**Achieve meaning, direction and composure in your life!**

**A MODERN INTRODUCTION TO THE ANCIENT ART OF YOGA**

**INTENSIVE  
TRAINING  
COURSE**

**Lesson One - History, Orientation to Styles, Goals  
Vital Primary Techniques, Postures**

**Lesson Two - Mental/Spiritual Techniques Applied  
Yoga Poses, Sun Salutation Routine**

**Lesson Three – Stress Management Techniques and  
Mind Control, Space and Spiritual  
Energy Creation Techniques Applied**

**Lesson Four - Actual Class Practice, Meditations**

## **LEARN :**

- \* THE HISTORY AND REAL PURPOSE OF THE WORLD'S OLDEST SCIENCE TO MAXIMIZE HUMAN POTENTIAL.
- \* THE FIVE CORNERSTONE TECHNIQUES THAT MAKE YOGA ACHIEVE PHYSICAL, MENTAL, AND SPIRITUAL MIRACLES !
- \* THE WAYS TO CREATE A HEALTHY, VIBRANT BODY THAT LASTS 100 YEARS. A FOCUSED MIND UNDER YOUR CONTROL. AN AWARENESS OF SELF AND USE OF SPIRITUAL ABILITIES !

***The A.C.K. Institute of Yoga presents a structured, comprehensive course of study which unlocks the secrets of yoga utilizing modern teaching methods to accelerate & deepen your results from the art of yoga.***

**ENROLL TODAY!**

**828) 255-1914**



***ANNOUNCING  
THE NEW***



***YOGA – INTENSIVE TRAINING PROGRAM***

***AT  
THE A.C.K. INSTITUTE OF YOGA***

***180 Merrimon Ave.  
(3 Blocks north of downtown Asheville)***

***This comprehensive training program is given only once every 4 months. It is imperative to learn the primary mental and spiritual techniques necessary to boost the effectiveness of the physical work, and to achieve the ultimate goals of yoga.***

***EMPHASIS : YOGA'S HISTORY AND STYLES  
GOALS, PURPOSES, AND METHODS  
PRIMARY MENTAL, AND SPIRITUAL APPLICATION TECHNIQUES  
CLASSIC POSTURES, BREATHING TECHNIQUES, AND FLOW ROUTINES  
STRESS MANAGEMENT AND MEDITATIONS***

***ALL ONE WILL EVER NEED TO KNOW TO DERIVE THE FULLEST  
POSSIBLE BENEFITS FROM THE PRACTICE OF YOGA.***

***A MUST FOR THE BEGINNING STUDENT OR ONE WHO WISHES TO TAKE  
THEIR PRACTICE AND UNDERSTANDING OF YOGA TO A HIGHER LEVEL.***

***DON'T MISS THIS !!***

***CALL FOR RESERVAIONS  
OR MORE INFORMATION  
ABOUT THE NEXT SCHEDULED  
TRAINING PROGRAM***

***828) 255-1914***