

### Teachings on:

- Universal Laws
- Yoga Philosophy
- Ayurvedic Cooking
- Mantra Meditation
- Chakra Healing
- Violet Flame Invocation
- Creating Sacred Space



**Reconnect with your  
True Essence  
All is within**

### Advice For Each Day:

- Be aware of your breath
- Be in the NOW
- Meditate in nature
- Feel your heart
- Think positive
- Trust your inner SELF
- Flow with Life
- Love Yourself
- Forgive Yourself
- Be Kind to Yourself
- Express your Truth lovingly

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**JOURNEY BACK TO  
YOUR INNER CHRIST**

**YANA KALAI:  
Self-discovery Guide  
Healing Options  
Coordinator  
Ascension Guide**

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## Journey to The Inner Realms

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- YOGA means to “unite and integrate.” It is a union of body, mind, soul and Spirit. Its goal is to achieve Self-realization.
- MEDITATION can be in a form of a silent introspection, prayer and relaxation, also chanting, or conscious breathing while walking.
- YOGA With MEDITATION helps with flexibility, mind clarity and a sense of self-awareness.

## Ancient Wisdom and Quantum Science

- AYURVEDA is a holistic system of health and wellbeing to achieve inner balance and harmony in our lives.
- UNIVERSAL LAWS are cosmic principles that teach us integrity, love, mastery over our energies and how to co-create with the Divine in this abundant universe.
- Spiritual and practical tools for SELF-EMPOWERMENT to assist you on your Journey to Enlightenment.

## Tools For Healing, Transformation and Ascension

- Yoga Philosophy
- Universal Laws
- Ayurvedic Cooking
- Chanting Mantras
- Chakra Clearing
- Coloring Mandalas

Yoga philosophy and Ayurveda Lifestyle represent a perfect structure and foundation for creating a 5D community/society with our Star Family based in unity, peace, balance, equality and harmony.

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