

# Darkness Into Light

Personal Practice for Enlightened Activism  
with Shelly Craigo, from the Himalayan Institute



“As individuals we may not change the world, but through purpose-driven structured practice, we can create a collective consciousness powerful enough to bring about an atmosphere of inner harmony, and mutual love and compassion.”

— Pandit Rajmani Tigunait, PhD



## Become a force of change!

Humanity has endured cycles of prosperity and impoverishment, peace and darkness, ingenuity and stagnation, spirituality and science, for centuries. Where we are today in this process of growth and decline may be seen as we observe—both externally and internally—the qualities of fear, anger, sorrow, and greed, and their proportionate interplay with those of love, compassion, and joy.

Now is the perfect time for aspiring souls who believe in the power of collective consciousness—one that is positive, vibrant, and focused, and fills our consciousness with inner abundance and fulfillment—to take personal yoga practice to the next level.

Shelly brings a message and a practice from Pandit Rajmani Tigunait, Spiritual head of the Himalayan Institute.

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Dec  
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2-3:30pm

**FREE EVENT**  
at yoga V

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Come enjoy Chai  
with us!



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