



Prajña Akas'agarbha

Wisdom Wealth Yoga

Prajña Akas'agarbha means "wisdom hidden in space". This ancient yoga practice was developed by Akas'agarbha Bodhisattva with the help of Manjusri over period of 49 days, and it is the actual practice Akas'agarbha used to awaken.

It consists of 16 mudras, 16 visualizations, and a mantra. When practiced diligently, the practitioner experiences the gravitational pulls of heavenly bodies, grasps the rhythm of nature, and attains health, prosperity, wisdom, and access to Akashic Records. *This moving meditation flows like water, slowly with great depth.*

Suitable for all ages and abilities.

The Prajña Akas'agarbha Dharma was kept in secret for 1200 years. Now it is available to the general public in Benicia. *Ongoing class every Sunday 1:00 -2:30 pm.*
Contact Maria at 1-(707)-748-1662