

# Mp3 Chandra Om - Mere Gurudev

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Highly anticipated follow up to 2004 Meditation CD. Her first CD of Mantra. 7 MP3 Songs NEW AGE: Ambient, NEW AGE: Meditation Details: 'Mere Gurudev' is the highly anticipated follow up to 2004 CD Baby best seller 'Dhyana', and is Chandra's first collection of Mantras. These Mantras were learned in the traditional way (mouth to ear) in the presence of the Guru, and were recorded as an offering to Sri Dharma Mittra, Chandra's Beloved Guru. Chandra has been a student of Yoga since the early nineties. She is the founder and director of the North Carolina School of Yoga and has spent the last 10 years of her life in service to humanity, disseminating the ancient knowledge of how to achieve radiant health and spiritual development. Chandra was born in Miami, and raised in New York, where she met her Guru and Teacher, Sri Dharma Mittra. After intense study and practice of the eight limbs of Yoga, she was accepted and initiated by Sri Dharmaji as Chandra Om (meaning Moon, Luminous, Bright and Shining), and remains with him to this day. She was initiated into the family as a religious student who devotes herself to her teacher and the practice of spiritual disciplines one who renounces the world in order to achieve liberation. This is the greatest of blessings, to be accepted by the Guru and be fully charged with his aura and grace, showered in love, compassion, thoughts of renunciation, Self-realization, surrender to the Lord and fortitude. Realizing this spiritual knowledge can only be imparted psychically, mentally and mostly spiritually. She has been loyally teaching the Yamas and Niyamas through daily practice of Hatha-Raja Yoga, and has always made herself available for students who need her help and direction at all times. In 2002, Chandra founded the North Carolina School of Yoga to provide serious aspirants with an opportunity to deepen their own spiritual sadhana, starting many on the path of teaching Yoga. She does not teach styles of Yoga, but the traditional, classical Raja Yogic tradition that has been personally taught to her by Sri Dharmaji, and strives to remain truthful to the traditional teachings of the science of Yoga. Chandra has initiated hundreds of students to practice Yoga and teaches solely as an offering to her Guru and to all spiritual aspirants. The North Carolina School of Yoga is the ONLY school in the world certifying students solely in Sri Dharma Mittra's approach and method of Yoga. Through the genius of these methods, students can progress rapidly. In 2004, she released her first CD, 'Dhyana', a collection of

guided meditations and best seller. Chandra is currently Director of the North Carolina School of Yoga and its Teacher Training Programs in Raleigh, NC. She travels extensively around the world, teaching workshops, classes and intensives to share the knowledge of Yoga. Yogini Chandra Om embodies and imparts the virtues of Yoga; kindness, patience, humility, fortitude, humor, selfless service, ahimsa (non-killing), and unlimited love, compassion and understanding for all. Her approach incorporates all of the traditional aspects of Yoga including a sincere respect for both the physical and spiritual aspects of the practice. Chandra is a beloved teacher known for her passionate, dynamic and inspirational style of teaching and emphasizes complete surrender to the Lord. Without this, there will be no success in Yoga

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