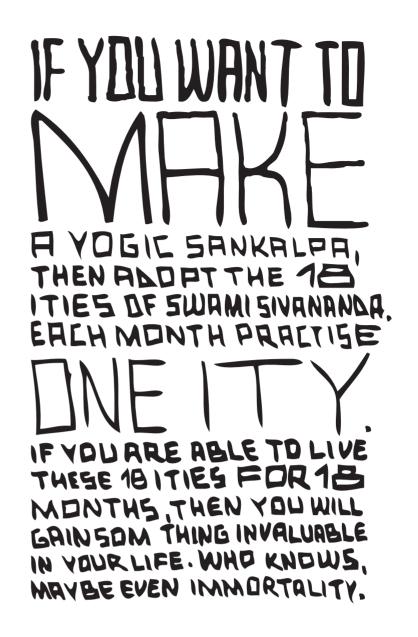
## THE 18 ITIES of Sivananda

An exhibition with illustrations and stories about 18 ities by Raycho Stanev

NAGLEDNA+ Trakia 7, Asenovgrad 02.12.-24.12. 2019



The 18 ITIES, are eighteen positive qualities or virtues. The practice of these qualities leads the aspirant towards living a divine life and a yogic lifestyle experienced twenty-four hours a day.





BE TRANQUIL WITHIN.
LET THAT INNER PERCE

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SERENE COUNTENANCE.
A SERENE COUNTENANCE
IS PERCEFUL, SMILING AND
SERIOUS AND DOES NOT
BETRAY ANY VIOLENT
EMOTIONS. IT IS LIKE
THE SURFACE OF ASTILL

HIE SURFACE OF ASTILL



