



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

NURTURING INNER & OUTER PEACE

Weekend Retreat: Friday, October 20 – Sunday, October 22, 2017

Join Swamis Matananda and Satyananda from one of Canada's oldest ashrams for a spacious yet thought-provoking weekend in the scenic rolling hills of Northumberland County.

Come together with others to learn and use yogic practices that help you stay centred and be the person you want to be. Together, we will explore how you can increase understanding, and become empowered to take steps toward harmony in your own life.

"If we first understand ourselves - our inner world and the impact of our own thoughts and choices on the world - can we then create the kind of world we would like to live in: a world of peace and harmony, a world based on personal responsibility, understanding and compassion?"

- Swami Sivananda Radha, *Light and Vibration*

Come to experience yoga as a unifying path in today's world.

The retreat offers both space and structure. Included are: guided workshops in the tradition of Swami Sivananda Radha including breath, mantra, visualization, Light, Hidden Language of Hatha Yoga and reflection. Vegetarian (or vegan) meals available, shared or single accommodation.

Date: Friday, October 20 (arrival by 4 pm) to Sunday, October 22 (after lunch)

Where: Lotus Heart Centre, 448 Old Wooler Rd, Brighton

Cost: \$450 shared (all-inclusive); \$525 single (6 rooms available); deposit required

Lotus Heart Centre is located near the town of Brighton, Ontario; only 8 minutes north of the 401. The land consists of 20 acres with walking trails, a small pond, a few fresh water springs and has an outdoor pool for those wanting a refreshing swim.

See lotusheartcentre.ca

Following the retreat, Swamis Matananda and Satyananda continue on to Toronto and Ottawa to offer a variety of workshops.

To Register:

www.yasodharaontarioretreat.eventbrite.ca

Or contact Anna

adipede@sympatico.ca 416-399-7786



Swamis Matananda and Satyananda are long-time teachers and residents of Yasodhara Ashram. Their light-hearted nurturing approaches support people in accessing their inner well of wisdom and their true potential.

Yasodhara Ashram is open year-round in the beautiful mountains of southeastern BC. Its new Temple of Light, nearing completion, will be a sacred space for peace, hope and unity – open to all.