



Yasodhara Yoga

HALIFAX

YASODHARA YOGA WORKSHOPS

BODY AS A TEMPLE

Connect with your body as a sacred space and hear its messages. In this workshop you will create a map of your body, practice devotional dance movements, explore the power of asanas and absorb the healing benefits of deep relaxation. Learn to honour and respect your body as a temple.

Date	Saturday, October 24, 10:00am to 4:00pm
Where	Number 16 (a seaside studio overlooking Halifax Harbor) 16 Pottery Lane, Halifax
Cost	\$125 (sliding scale available); \$220 if taking both Bring a yoga mat, journal, blanket and lunch

RENEWING IN THE LIGHT

The Divine Light Invocation is a powerful tool for transformation, concentration and healing. Whether learning it for the first time or renewing this practice, you can open to deepening your understanding of your self and the world around you. We will also explore relaxation techniques, visualizations and meditations on Light. Harness the potential of the Light within to build a bridge to your own inner wisdom.

Date	Sunday, October 25, 10:00am to 4:00pm
Where	Number 16 (a seaside studio overlooking Halifax Harbor) 16 Pottery Lane, Halifax
Cost	\$125 (sliding scale available); \$220 if taking both Bring a yoga mat, journal, blanket and lunch

Registration & information: contact Silver at silver.frith@yasodharayoga.org



Swami Matananda is a Senior Teacher at Yasodhara Ashram, Kootenay Bay, British Columbia, and has been a resident and student of Swami Radha's teachings since 1990. With a background as an educator, Swami Matananda is also an artist and is actively involved in tending the Ashram land.

yasodharayoga.org/halifax/