



# Yasodhara Yoga

## TORONTO

# YASODHARA YOGA WORKSHOPS

## STILLING THE MIND

What is the mind? What are its tendencies? How can I still my mind and bring more relaxation into my day? Learn various practices – including visualization, breathing techniques, concentration and relaxation – to help you understand different levels of mind and to approach the mind's expansive potential. Take time to search for the silence and beauty within.

<b>Date</b>	Thursday, October 22, 7:00 to 9:00 p.m.
<b>Where</b>	YWCA, 87 Elm Street (between University & Bay) Closest subway: St. Patrick Station
<b>Cost</b>	\$25 (sliding scale available) Bring a journal

## RELAXATION & RENEWAL

Step away from the demands of daily life into a day of relaxation and renewal. Allow your body a time of rest and give your mind an opportunity to become still. Learning a variety of tools that can help you gain perspective and clarify what is important in your life. Take time to connect with your own joy and inner strength.

<b>Date</b>	Saturday, October 24, 10:00 a.m. to 4:00 p.m.
<b>Where</b>	YWCA, 87 Elm Street (between University & Bay) Closest subway: St. Patrick Station
<b>Cost</b>	\$125 (sliding scale available) Bring a journal, yoga mat, blanket & lunch (or eat locally)

**Registration** & information please contact Anna at [anna.d@yasodharayoga.org](mailto:anna.d@yasodharayoga.org) or (416) 241-2463



**Swami Samayananda** is a Senior Teacher at Yasodhara Ashram, Kootenay Bay, British Columbia, and has been a student of Swami Radha's teachings since 1979. An educator for over 35 years, Swami Samayananda has worked with educational institutions, businesses and private consulting agencies, as well as offering yogic tools to palliative care patients.

[yasodharayoga.org/toronto](http://yasodharayoga.org/toronto)