



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Alberta!

Friday May 13

Cultivating Compassion

7:00pm - 9:00pm

Cost: \$45 (sliding scale available)

Bring a journal and pen.

Being compassionate towards ourselves, those around us and the world requires the willingness and courage to be kind-hearted. How do you live an ideal of compassion in a world that seems to express so much of the opposite? How can you deepen your understanding so kindness and concern can grow? Using practices of visualization, meditation and Light, experience the gift of an open heart.

Sunday May 15

Between Two Breaths, Realize

9:30am - 12:00pm

Cost: \$45 (sliding scale available)

Bring a journal and pen.

How do the teachings of yoga help to create the kind of world we want to live in? Breath is the key to quiet the mind, to create space and allow clarity to emerge. Between the ingoing and outgoing breath, there is a centre of stillness, a place of deep mystery and potential. Awaken your intuition to know the message between breaths.

Saturday May 14

Conscious Living in Times of Change

10:00am - 4:00pm

Cost: \$115 before May 7; \$150 after (sliding scale available)

Bring a journal, pen and lunch.

Find support in times of ending and beginning, change and transition. Explore your past experiences of transition and identify what choices you want to make now. What is the creative direction for your future? By working with reflective tools such as writing, drawing and spiritual practice, you can prepare for change, access strength and clarify options for your next steps.

Hosted by

YASODHARA YOGA CALGARY

For information and to register:

403-284-0012 or calgary@yasodharayoga.org

yasodharayoga.org/calgary



All workshops located at:

Rosedale Hall at 901 11 Avenue NW (east of SAIT)



Swami Jyotihananda (Susan Oughtred), a long-time yoga teacher in Calgary and resident of the Ashram for many years, brings a love of the teachings of Swami Radha. She has a deep trust in how the teachings of yoga can radically change people and help them to evolve.

Yasodhara Ashram is open year-round in the beautiful mountains of southeastern British Columbia. We invite people of all ages and backgrounds to discover the promise of yoga.