



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Vancouver Island!

Friday April 29

Oliver Woods Community Centre
6000 Oliver Road, Nanaimo

Finding Balance

7:00pm - 9:00pm
Cost: \$25 (sliding scale available)
Bring a journal and pen.

Balancing work, relationships, family, information input and taking care of yourself can be challenging. How do you stay centred and calm in the midst of a fast-paced world? What are the keys to inner clarity and strength? Learn some practical yogic techniques to help find balance—breath, visualization, reflection and relaxation.

Saturday April 30

Yoga Weyr
1990 Frey Rd (beautifully located near the Nanaimo River)

Cultivating Compassion

10:00am - 4:00pm
Cost: \$125 (sliding scale available)
Bring a journal, pen & lunch, wear comfortable clothing

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 breath, experience the gift of an open heart.

Sunday May 1

Yoga Weyr
1990 Frey Rd (beautifully located near the Nanaimo River)

Transitions

10:00am - 4:00pm
Cost: \$125 (sliding scale available)
Bring a journal, pen & lunch, wear comfortable clothing

Experience how yoga can support you 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 and drawing, and spiritual practices, you can prepare for change, access strength and clarify options for your next steps.

Hosted by

YASODHARA YOGA NANAIMO

To register: Shanti at shanti.p@yasodharayoga.org
or (250) 390-7686



Swami Satyananda is a long-time teacher and resident of Yasodhara Ashram. She finds joy in sharing our practices and providing space for people to connect with their own inner wisdom.

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.