

YOGA: A UNIFYING PATH IN TODAY'S WORLD



Join Swami Samayananda for workshops that will quiet the mind, bring perspective and reveal your potential. Take one or all three. Workshops will incorporate yogic practices: breath, relaxation, visualization, mantra, reflection and drawing.

The Yoga of Healing: Uniting mind, body and spirit

Friday, May 18, 7 - 9 pm
\$45

The journey of Yoga is a healing journey. What needs to be healed? What makes your life worth living? Take time to go inward and nurture yourself mentally, physically, emotionally and spiritually, in a compassionate space.

Breath: a pathway to peace

Sunday, May 20, 1:00 pm - 3:30 pm
\$55

"Breath is always available; it's the rhythm of life" - Swami Radhananda, Living the Practice. Learn to find the still place within, even in the busyness of your life, using the yogic tools of breath, meditation, relaxation and reflection.

Holding the Earth

Saturday, May 19, 9:30 am - 3:30 pm
\$150

Find and nurture the sacred within through devotional practice, caring for yourself and listening to the wisdom and cycles of our Mother, the Earth. Become grounded in yourself through self-exploration and dialogue with others. Where are we in the world cycle? How can you make a difference? What is happening in your personal world?



Swami Samayananda is a long-time yoga teacher and resident of Yasodhara Ashram. She offers reflective workshops that will renew and reconnect you to your true potential.

Yasodhara Ashram is open year-round in the beautiful mountains of southeastern BC. We are a Canadian charity and educational institute.

Find out more at yasodhara.org

Attend all three events for \$210. Sliding scales available. Cheques payable to Yasodhara Ashram Society

Location: Rosedale Hall
901 – 11 Avenue NW (east of SAIT)

To Register: Calgary@yasodharayoga.org or 403-284-0012
For more details: yasodharayoga.org/calgary



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE