



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Halifax!

Hidden Language Hatha Yoga Class

Date: Thursday, September 15, 7 - 9 pm

Cost: \$25 (sliding scale available)

Location: Universalist Unitarian Church, 5500 Inglis St, Halifax

Bring a journal, yoga mat and blanket

Hidden Language Hatha Yoga takes the practice of Hatha Yoga far beyond a series of physical exercises. It is a gentle and meditative style of Hatha that respects the body as a spiritual tool. By working with metaphor, symbolism, imagery and visualization, the 'hidden' messages of each asana are revealed. This workshop will include asana practice, as well as written reflection. Open to all levels.

Conscious Living in Times of Change

Date: Saturday, September 17, 10 am - 4 pm

Cost: \$125 (sliding scale available); \$220 if taking both

Location: Number 16 (a seaside studio overlooking Halifax Harbor) 16 Pottery Lane, Halifax

Bring a journal, yoga mat & blanket and lunch; wear comfortable clothing.

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.

Cultivating Compassion

Date: Sunday, September 18, 10 am - 4 pm

Cost: \$125 (sliding scale available); \$220 if taking both

Location: Number 16 (a seaside studio overlooking Halifax Harbor) 16 Pottery Lane, Halifax

Bring a journal, yoga mat & blanket and 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 Light, experience the gift of an open heart.

Hosted by

YASODHARA YOGA HALIFAX

Registration & Information: Carol Putnam
carol.putnam@yasodharayoga.org or 902-477-9771
yasodharayoga.org/Halifax



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.