



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Ottawa!

Breath: a Doorway to Potential

Friday, September 23, 7pm - 9pm
Cost: \$25, \$20 for seniors and students
Location: Surround Circle Yoga, Southminster United Church, 15 Aylmer Ave.
Bring a journal

How do the teachings of yoga help to create the kind of world we want to live in? Can you enter each day in a different way and create balance for yourself? 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.

Conscious Living in Times of Change

Saturday, September 24, 10 am – 4 pm
Cost: \$125 or \$115 by Sept. 9
Location: Surround Circle Yoga, Southminster United Church, 15 Aylmer Ave.
Bring a journal 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.

Cultivating Compassion

Sunday, September 25, 10 am – 4 pm
Cost: \$125 or \$115 by Sept. 9
Location: Maplesoft Centre - 1500 Alta Vista Drive
Bring a journal

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 OTTAWA

Registration & Information:
erna.h@yasodharayoga.org or 613-492-0908
yasodharayoga.org/Ottawa



Swami Matananda is a long-time teacher and resident of Yasodhara Ashram. Her light-hearted nurturing approach supports people in accessing their inner well of wisdom and their true potential.

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.