



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Montreal!

Embracing Challenge & Change

Friday, September 16
7:00pm - 9:00pm
Cost: \$25 (sliding scale available)
Bring a journal

We live in a world of fast-paced, continual change – processing endless input and meeting demands for flexibility and quick decisions. As life speeds up, we can lose perspective and a deep sense of meaning. Yogic practices are designed to bring us back to our ‘grounding,’ to stillness and to connection to purpose. Join us for a time of returning to centre

Finding Balance

Saturday, September 17
10:00am – 4:00pm
Cost: \$125 (sliding scale available)
Bring a journal and lunch.

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? How can you still your mind and bring more relaxation into your day? Learn some practical yogic techniques to help find balance – breath, visualization, reflection and relaxation.

Hosted by

YASODHARA YOGA MONTREAL

Registration & Information:
montreal@yasodharayoga.org or 514-553-4861
yasodharayoga.org/Montreal



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.