



Yasodhara Ashram  
YOGA RETREAT & STUDY CENTRE

## TEACHERS *on* TOUR

We bring the Ashram to Toronto!

Join us for one or more workshops on the theme of **Choosing with Compassion.**

### Conscious Living in Times of Change

Date: Thursday, September 29, 7 – 9 pm  
Cost: \$25 (sliding scale available)  
Location: YWCA Toronto, 87 Elm St (between University Ave and Bay St, St. Patrick subway station)  
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 breath, relaxation, visualization and reflection – a time of returning to centre.

### Hidden Language Hatha Yoga Class

Date: Sunday, October 2, 10 am – 12 noon  
Cost: \$25 (sliding scale available)  
Location: Esther Myers Yoga Studio, 390 Dupont Street, Dupont subway station  
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.

### Cultivating Compassion

Date: Saturday, October 1, 10 am – 4 pm  
Cost: \$125 (sliding scale available)  
Location: YWCA Toronto, 87 Elm St (between University Ave and Bay St, St. Patrick subway station)  
Bring a journal, yoga mat, blanket & lunch (or eat locally)

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.

*There will also be a special Satsang on the evening of Sunday, October 2.*

Hosted by

**YASODHARA YOGA TORONTO**

Registration & Information: Anna Di Pede  
anna.d@yasodharayoga.org or 416-399-7786  
yasodharayoga.org/Toronto



*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.*