



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Ottawa!

Breath: a Doorway to Potential

Friday, September 23, 7 pm – 9 pm

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 you 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.

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 breath, relaxation, visualization and reflection – a time of returning to centre.

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 awareness can grow? Using practices of visualization, meditation and Light, experience the gift of an open heart.

Contact us or check the website for details on other workshops:

The Mind in Grief: cultivating friendship.

Wednesday, Sept. 21, 7-9 pm

Who am I? Explore your relationship with family, work & life's meaning.

Thursday, Sept. 22, 7-9 pm

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.