



Yasodhara Yoga

CALGARY

YASODHARA YOGA WORKSHOPS

FINDING BALANCE

Yoga offers many spiritual gifts to access health and Balancing daily demands can be a challenge. How do you stay centered and calm? What are the keys to inner clarity and strength? Learn some practical yogic techniques to help find balance - breath, visualization, reflection and relaxation.

Date	Friday March 20, 7:00 - 9:00 pm
Where	Yoga Studio North - Crowfoot 200, 1829 Ranchlands Blvd NW.
Cost	\$25 (sliding scale available) Please bring a journal

MUSIC & CONSCIOUSNESS

Music has the power to heal, the power to awaken. In this workshop you will listen to seven musical pieces and draw your impressions of each. By looking at the drawings and relating them to your life, you can open to an intuitive understanding of the choices you have made in your life. This workshop is an effective way to sidestep the rational mind and receive insights directly from your own deeper wisdom. Dip into the secret language of your unconscious - a world of symbol, myth and metaphor that can guide you in practical and mysterious ways to make choices that truly sustain your ideals.

Date	Saturday & Sunday March 21 & 22, 10:00 am - 4:30 pm
Where	Rosedale Community Centre, 901 11 Avenue Northwest
Cost	\$170 (Early Bird before February 29) / \$190 (After February 29) Sliding scale available Bring notebook, blanket or mat & sack lunch

Registration and information please contact calgary@yasodharayoga.org



Swami Samayananda is a Senior Teacher at Yasodhara Ashram, Kootenay Bay, British Columbia, and has been a student of Swami Radha's teachings since 1979. An educator for over 35 years, Swami Samayananda has worked with educational institutions, businesses and private consulting agencies, as well as offering yogic tools to palliative care patients.

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