



Yasodhara Ashram

YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Nelson!

Join Swami Matananda and Rebecca Dale to experience the rich & inspiring teachings of the Ashram close to home.

Who am I? – Explore your relationship with family, work and life's meaning

Balancing work, relationships and a rich inner life can be a challenge. In this workshop you will be led in reflections and practices on questions such as, Who are you underneath the shifting personalities and roles? With what do you want to identify? How can you identify with your inner Light and potential? Take this time to clarify what is most important in your life.

Date: Saturday, February 18, 2017, 1-4 pm

Where: Kalein Hospice Centre 402 West Richards Street, Nelson BC

Cost: \$40 (sliding scale available)

Bring a journal and, if you like, your own yoga mat

Hosted by

YASODHARA YOGA NELSON

Registration & Information:

Rebecca@yasodhara.org or 250-551-2024
yasodharayoga.org/Nelson



Swami Matananda and Rebecca Dale are long-time teachers and residents of Yasodhara Ashram. Swami Matananda's light-hearted, nurturing approach supports people in accessing their inner well of wisdom and their true potential. Rebecca now lives in Nelson where she offers satsang and workshops through Yasodhara Yoga Nelson; her love of music and dance shines through in all her teaching.

Yasodhara Ashram is open year-round and readily accessible by the ferry. We invite people of all ages and background to visit and discover the promise of yoga.