



Yasodhara Yoga TORONTO

NAVIGATING 2016 WITH AWARENESS

Choose to navigate 2016 with awareness. Take time to reflect on your year. Plan to move through the balance of 2016 with awareness, purpose and direction.

How have you chosen to move through 2016? How will you maintain awareness of your intentions? How are you shaping this year?

Utilizing yogic practices, *Navigating 2016 With Awareness* is about planning and directing your choices to reflect your ideals and intentions.

Date: Saturday, April 16, 10 a.m. – 12:30 p.m.

Where: Runnymede Public Library
2178 Bloor Street West, Toronto
Bloor west of Runnymede, Runnymede subway station

Cost: \$40 (sliding scale available)

Bring: Journal

Register & Information: (416) 241-2463 or anna.d@yasodharayoga.org



Anna Di Pede is a Yasodhara Certified Teacher. A former marketing executive, she has returned to Toronto following a three-year residency at Yasodhara Ashram, British Columbia. Always drawn to the spiritual path, Anna has found the 'something more' in life through her commitment to her own spiritual evolution, to growing in the Light.

growingintolight.ca
yasodharayoga.org/toronto/workshops