



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

YOGA: A UNIFYING PATH IN TODAY'S WORLD

Workshops to nurture inner and outer peace

Join Swami Matananda in Toronto for workshops that will renew and inspire you to create change in your own world. Take one or all five. Workshops will incorporate yogic practices: breath, relaxation, visualization, mantra, reflection and drawing.

Evening Workshops

St. Andrew's Centre, King St. & University Ave.

Breath: A Pathway to Peace

Date: Tuesday, October 24, 7 - 9 pm

Cost: \$25 (sliding scale available)

Steps to Freedom – Bringing mindfulness to your life

Date: Wednesday, October 25, 7 - 9 pm

Cost: \$25 (sliding scale available)

The Yoga of Healing: Uniting Mind, Body & Spirit

Date: Thursday, October 26, 7 - 9 pm

Cost: \$25 (sliding scale available)

Hosted by

YASODHARA YOGA TORONTO

Weekend Workshops

Entering Into Sacred Space: Steps to Understanding Yourself & Others

Date: Saturday, October 28, 10 am - 4 pm

Cost: \$125 (sliding scale available)

Location: St. Andrew's Centre, King St. &
University Ave.

Still the Mind Through Movement Hidden Language Hatha Yoga Class

Date: Sunday, October 29, 10 am - noon

Cost: \$25 (sliding scale available)

Location: To be announced

Registration and information: Anna

adipede@sympatico.ca

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 BC. Its new Temple of Light, nearing completion, will be a sacred space for peace, hope and unity – open to all.