



Yasodhara Yoga

NANAIMO

YASODHARA YOGA WORKSHOPS

YOGA OF HEALING

Yoga offers many spiritual gifts to access health and wholeness. Yogic practices provide a means of clearing the body and mind, giving you the strength to be who you really are. In the healing process you have the space to reflect on your life. This workshop is for those seeking physical, mental or spiritual healing. Spacious and nurturing, this is a time to go inward, accessing your compassion and inner Light.

Date | Saturday, May 24, 10:00 am to 4:30 pm

Where | Yoga Weyr, 1990 Frey Road

Cost | \$125 (sliding scale available)

Bring a journal, lunch, mat/blanket and please wear comfortable clothing

DIVINE FEMININE:

DISCOVERING THE POWER WITHIN

We can meet Her in our daily actions, in our speech, in our caring and in our growing awareness. She offers us challenges and also liberation from our limitations. Her nature is compassionate: always opening the way for us to try again and again. How can I deepen my relationship to Her? How can I become more receptive to Her presence in my life?

Date | Sunday, May 25, 10:00 am to 4:30 pm

Where | Yoga Weyr, 1990 Frey Road

Cost | \$125 (sliding scale available)

Bring a journal, lunch, and please wear comfortable clothing

Registration and information please contact shanti.p@yasodharayoga.org or (250) 390-7686



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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