



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

TEACHERS *on* TOUR

We bring the Ashram to Ottawa!

The Yoga of Healing: Uniting mind, body and spirit

Join Swami Satyananda for a workshop that supports the grieving process.

Thursday, October 26, 2017
7 – 9 pm

The journey of yoga is a healing journey. What needs to be healed? What makes your life worth living? Take time to go inward and nurture yourself mentally, physically, emotionally and spiritually, in a compassionate space. This workshop will focus on experiencing tools for tending to the mind and heart in grief.

Cost: \$25, \$20 for seniors and students

Location: The Nectar Centre
255 Mackay Street, Ottawa

Bring a journal, yoga mat & blanket; wear comfortable clothing. There will be some extra mats available.

————— Co-hosted by —————

Yasodhara Yoga Ottawa

and

Heart Land

Grief Support Training and Educational Retreats

Registration and information:

griefintogrowth@gmail.com

819.866.3246

www.griefintogrowth.com/heartland-retreatsandevents



Swami Satyananda is a long-time teacher and resident of Yasodhara Ashram. She finds joy in sharing our practices and providing space for people to connect with their own inner wisdom.

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.



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