



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**

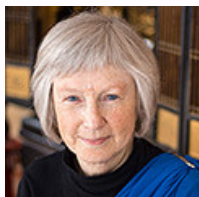
Grief Support Training and Educational Retreats

**Registration and information:**

[griefintogrowth@gmail.com](mailto:griefintogrowth@gmail.com)

819.866.3246

[www.griefintogrowth.com/heartland-retreatsandevents](http://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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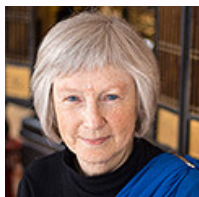
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