



Beyond the Yoga Class



Nelson 2 day Workshop

\$155

**Saturday 31 March (10am – 4pm) &
Sunday 1st April (9.30am - 3.30pm) 2012**

Led by Sanyasin Kalikamurti and Sue Cleaver

All welcome, from beginners to advanced practitioners

**How do we take the teachings and practices of yoga
into daily life so they benefit all around us?**

Kalikamurti has lived a householder life as a Satyananda Sanyasin for the last 19 years and has been practicing yoga for thirty years. This workshop will combine the 5000 year old tradition of yoga with the tools of modern day positive psychology assisting you to create a personal plan. Using the tools of asana, pranayama, satsang, sankalpa, havan and kirtan Sue and Kalikamurti will combine their skills and traditions to offer a unique opportunity for transformation.

**Lower Moutere Memorial Hall, Moutere Highway,
Lower Moutere, Nelson (just past Lower Moutere
School)**

- Concessions available, option to attend 1 day only (\$90).
- Please arrive at 9.30am for a 10am start.
- Bring water bottle, yoga mat, rug, cushion, lunch to share. Drinks provided.

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