

EXPLORING the SPIRIT of YOGA



A 6-WEEK Summer

YCO Give-Back Class

...served with tea ☺

SUBJECTS OF DISCUSSION

Session 1: Attention & Awareness – the Foundations of Meditation

Session 2: The Yoga Sutras – What are they and how do they apply to me?

Session 3: Self Inquiry and the Art of Subtraction – Becoming Honest with Ourselves

Session 4: The Eight Limbs of Yoga – Beyond the Asanas

Session 5: Intuition and Finding Your Intention

Session 6: Free Will vs Determinism – Putting an End to the Debate

Floater: Beliefs – Should We Believe Them?

GENERAL FORMAT FOR THE CLASS

1. Philosophy & Practical Exercise
2. Asana Practice (Physical Practice on mat or chair)
3. Seated meditation (on floor or chair)
4. Discussion, Q&A

The instructor is very vigilant about keeping the discussion on topic and not letting any one person dominate.

“We’re not here to socialize...well at least not during class time ☺.” – Sheri Rink

INSTRUCTOR: SHERI RINK (Dip.PT, RYT)

Location: Centre for Spiritual Living Metro 10580 – 113 Street, Edm., AB.

Time frame: TWO HOURS 6:45 – 8:45pm THURSDAY EVENINGS

Running Dates: 6 consecutive Thursdays July 13 -20-27 & August 3-10-17, 2017

Handouts: instructor will supply as required. **Book:** none.

To register: contact info@yogaco.ca or go to website www.yogaco.ca

Early Bird Registration: June 17th - June 23rd: \$147 +gst

Medium Bird Registration: June 24th – June 30th: \$162 +gst

Late Bird Registration: July 1st – July 13th: \$177+gst

We reserve the right to cancel the class if the minimum number of (9) registrants is not met. In this case your payment will be refunded OR the registered participants can choose to donate necessary lack to enable us to run the class.

Yoga Corporate Outreach www.yogaco.ca info@yogaco.ca 780-660-3933