

The Body is Brilliant, the Mind is Beautiful

The Empowered Three Friday 6-9 pm

Explore an empowering approach to practice inspired by Sage Pantanjali's Yoga Sutra. Put your understanding into practice through an invigorating Focused Flow asana session, followed by meditation.

Deepening In-Sight Saturday 1-5 pm

A uniquely nourishing rhythm of study, asana and meditation, supported by teachings from the great text The Heart of Recognition. Asana sessions will include hip openers, forward bends, twists & inversions.

The Heart is Waiting Sunday 9am-12pm

The morning practice will be inspired by a discussion on the Heart, specifically, the Heart as hrdaya, the ineffable core of Consciousness.

Therapeutics for the Body & Mind, and Q & A Sunday 1-3 pm

Robin will address specific therapeutic issues and respond to any questions that have come up over the course of the weekend, providing clarity and consolidation. A key component of the weekend experience.

With Robin Golt

Jan 29-31, 2016

Cost: \$250

(\$225 Before Dec. 10, 2015)



Robin has been exploring the field of yoga for over 30 years, and teaching for 23. Her classes and training combine insight and inspiration with education. She remains committed to depth and precision in asana while helping guide contemporary yoga students & teachers to uncover the power of yoga philosophy and gracefully integrate it into their physical practice and their lives.

Register Today 780-416-4211

www.yogafortoday.ca

