

2010 Yoga Workshop

“*Falling into the Arms of Grace*”

An Honoring of Autumn and the Grace of Letting GO

With Andrew Mournehis



When: Saturday March 13th 2010

Time: 2pm-5pm (15 min tea-break in between)

**Investment: \$75/ \$60 conc. Where: Breathing Space Yoga Studio,
Upstairs Suite 6, 217 Chapel st Prahran *(above Chapel st Bazaar btw High st & Greville st)**

(The intensive is open to people of all ages, physical conditions and levels of experience. Each person practices to their own capacity.)
PLEASE BYO JOURNAL, WRITING UTENSILS and YOGA MAT (if u have one). ALL OTHER YOGA PROPS PROVIDED!

Have there been moments in your life where situations were out of your control???

Have you ever found it hard to let go? To make that Transition and step into the Unknown!

Have you found it hard to move forward in life ...getting stuck by the binds of the past!

This 3hour afternoon yoga workshop will sensitively, yet powerfully, explore ways in which we can align with the Universal Rhythms, Open to the Grace of Nature, and learn ways in which we can release the binds and shackles of the past.

Come surrender to the flow, step into the Great Mystery, and move through the Rhythms of Life.

We will be deeply exploring the “4 Cycles of Life” through the Tantric philosophy and Yogic

Path ...So if you are open to deepening your yoga practice, letting go of old patterns, transforming fear, expanding your boundaries, and finding the SHRI in the shadow, bringing

Light to the dark, then you will love this eloquent workshop. Through dynamic yoga asana, playful creative practices, journaling, self-enquiry, mantra, pranayama, meditation and deep

relaxation...come make a breakthrough, POWERFULLY...Let GO and Let FLOW with Grace.

**“...Smile, my golden Autumn...come, careless April...Scattering your kisses
abroad...and come, you too my Lover...we are mortals, and it is wise to
break your heart for the one who takes your heart away...**

...For time is short” Rabindranath Tagore

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