



Awakening the Heart



wisdom from the Bhagavad Gita and the Yoga
Sutras of Patanjali

Learn simple and effective ways to deepen your yoga experience

- Go deeper in your meditations
- Cultivate the feeling nature of the heart
- Live a more joyful life

Saturday 23rd August 1pm – 5pm

Sunday 9:30am – 2:30pm (including platter lunch)

Teacher : Kavita Parshotam

<http://thenarrowsretreat.co.nz/>

Venue: Yoga Centre Southland

<http://www.yogacentresouthland.co.nz/>

Cost: IYTA Members: \$75 (half day \$50)

Non IYTA Members: \$95 (half day \$70)

Payment: Direct Credit 06 0925 0448229 00 with your name as ref

Cheque made to Southland/Otago Branch of YA-IYTA NZ Inc – sent to L C
Ryder, PO Box 7056, Sth Invercargill 9844

What to Bring: Yoga mat, water, blanket

For more information or questions please contact Linda:
0274774750