



LETTERS FROM THE YOGA MASTERS

May 25-26, 2018 - Teachings in Yoga from the Masters

Explore the beautiful, deeper teachings of yoga as taught by our great yoga masters of the past. Mugs McConnell brings clarity to the practices, making them accessible for further practice on your own.

What will we learn?

This workshop is based on yoga techniques drawn from Mug's book *"Letters from the Yoga Masters: Teachings Revealed through Correspondence from Paramhansa Yogananda, Ramana Maharshi, Swami Sivananda and Others."*

The days will be filled with a joyful practice of asana, breathing, meditation and stories. We will explore techniques from many yoga pathways, as shared through personal letters to Mugs' teacher, Dr. Hari Dickman

Marion (Mugs) McConnell trained under Swami Vishnudevanda and Dr. Hari Dickman in the 1970's. She is a Teacher Trainer for the South Okanagan Yoga Academy and a Registered Teacher with Yoga Alliance (ERYT500). Mugs taught spiritual yoga for over 25 years at Naramata Centre.

HOPE TO SEE YOU THERE!

About the Workshop:

The workshop will be held at Hillhurst United Church in the Heritage Room located at 1227 Kensington Close NW, Calgary, AB

**Friday, May 25 from 6:30 - 9:00 pm and
Saturday, May 26 from 9:00 am - 12:30 pm**

The cost: \$110 including GST (Space is limited to 35 participants). *The book will be referred to through the workshop and is available at amazon.ca or your local bookstore.*

The workshop is open to everyone, and eligible for Yoga Alliance & YAA CEUs.

To Register : Contact Jo-Ann Bance at spirityoga@hillhurstunited.com or call 587-350-3957.