



LETTERS FROM THE YOGA MASTERS

Oct 12-14, 2018

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 weekend 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.*" Please purchase book in advance.

Each day will be filled with a joyful practice including a variety of *asana, pranayama, mudra, meditation, mantra and stories*. We will explore techniques from many yoga pathways, as shared through personal letters to Mugs' teacher, Dr. Hari Dickman.

Discover how the elements present themselves within our breath. **Experience** sacred mantras in meditation. **Visualize** the movement of prana in our bodies and minds. **Bring** grace and intention into your asana. **Ponder** stories of life in India.

About the Workshop:

Register with Cindy Szekely at

Intuit Yoga, Mackenzie, BC

Email: szekely@mackbc.com

Phone: 250.997.3519

Fri 6-9pm; Sat 9am-5pm; Sun 9am-12pm

\$225 including gst All hours eligible for 13 CEU credits with Yoga Alliance

Learn more about the history and teachings in Mugs book at her website

www.lettersfromtheyogamasters.com