



Inner Peace Yoga Pilates & Fitness Studio at
10109 - 10th Street, Dawson Creek, BC *presents*

MARION "MUGS" MCCONNELL

October 16 – 17 - 18, 2018

ASANA, MEDITATION & MANTRA

Teachings from "Letters from the Yoga Masters"

SESSIONS FROM 6-9PM EACH EVENING. \$52.50 per night or \$141.75 all 3 nights (includes gst).

Contact Crystal 250-219-3147.

Don't miss this opportunity to experience these unique, classical yoga teachings!



"Mugs" (as she is fondly known as) is the founder and director of the *South Okanagan Yoga Academy* since 1995. This year she celebrates 40 years as a Yogi! Her teacher, Dr. Hari Dickman from Latvia, was considered "The Yogi of the West" in the 1930s by Indian Swamis. They taught him through letters spanning more than 50 years. Mugs has written a book to preserve this eclectic collection of yoga techniques and stories, many which have never been seen before. A documentary will be being released in Latvia this year remembering her teacher and his contribution to the history of yoga. *Now she is here to share these teachings with us!*

*In lieu of handouts, Mugs' book is available at all major bookstores and online.

The Evening Session runs from 6-9pm, and include:

- ॐ Tuesday: Yoga asanas in the Gitananda tradition; Sectional breathing with mudras, Chaturmukh pranayama, Brahma mudra, Yoga nidra and a story.
- ॐ Wednesday: Yoga asana in the Sivananda tradition; Vinyasa sequences with mantra, Upanishad mantra meditation, Om pranayama and a story.
- ॐ Thursday: Freedom Yoga in the tradition of Erich Schiffmann. Udghata kriya to open the sushumna, various chakra techniques to explore energy within, and a story.

Marion Mugs McConnell is the author of *Letters from the Yoga Masters*. She has dedicated her life to the path of yoga. In 2012 she received the Queen Elizabeth II Diamond Jubilee Medal for offering yoga in Canada and abroad for nearly 40 years. She trains yoga teachers in BC, Alberta & Mexico. She lives in Cardston, AB. Learn more about Mugs at www.lettersfromtheyogamasters.com