



Living Beautifully Yoga



INTERGRATING YOGA INTO DAILY LIFE

Sunday 17th June, 2018 10.00am – 4.00pm

Havan and Kirtan 4.00pm – 5.00pm

Venue: Braddock Public School (School Hall) Laycock Street, Cranebrook

Presented by Swami Shakti Mudra,

The day will include applying yoga practices (asana and pranayama) and principles in daily life, including Swami Sivananda's "ities" and APMB class, Yoga Nidra with Sankalpa, Meditation.

Shakti Mudra has been practicing, studying and teaching yoga for 35 years. Regularly travels to India to keep connected to the source of the evolving teachings of Satyananda/Bihar Yoga. She teaches in a simple practical way with compassion and kindness. Has managed and taught in both residential ashrams and teaching centres in Australia and New Zealand, now living in the forest, traveling and teaching. Shakti Mudra is currently the Vice President of Satyananda Yoga Teachers Association.

CPD POINTS 6

Investment: \$100.00

Early Bird: \$80.00 (To be paid by 3rd June, 2018)

Living Beautifully Students, Yoga Australia Members, SYTA Members and Concession:
\$80.00

Bring your own lunch, pen, paper, mat, cushion and light blanket.
Please arrive 15 minutes early, by 9.45am

Bookings: Judy Morgan (Swami Karmashakti)
0402 314726 or info@livingbeautifully.com.au
www.livingbeautifully.com.au

Please enrol me in the Seminar on the 17th June, 2018

Return to Judy Morgan, Living Beautifully, 13 Muncaster Place, Cranebrook NSW 2749
Or email your enrollment form to info@livingbeautifully.com.au

Name: _____

Address: _____

Phone: _____ **Email:** _____

I enclose my fee of \$_____ Payable by cash, cheque, money order, credit card.
(Cheques/money order made payable to Living Beautifully. Bank Details By Request)

Visa Mastercard

Credit Card No: ____ / ____ / ____ / ____ expiry date: ____ / ____

Signature: _____

I understand that the workshop will involve yoga practices, including asana (postures), pranayama (breathing practices and meditation.) I take full responsibility for my own performances of these practices.

Signature & Date: _____