

Shelley Cassidy

Bhakti Yoga Workshop



DONATIONS Go To
Mercy Corps
Haiti Relief Fund

*The practice of Bhakti yoga
lifts the spirit, opens the heart, invokes joy and sustains peace.*



Bring your practice to a new level with the exploration of Bhakti, the yoga of devotion.

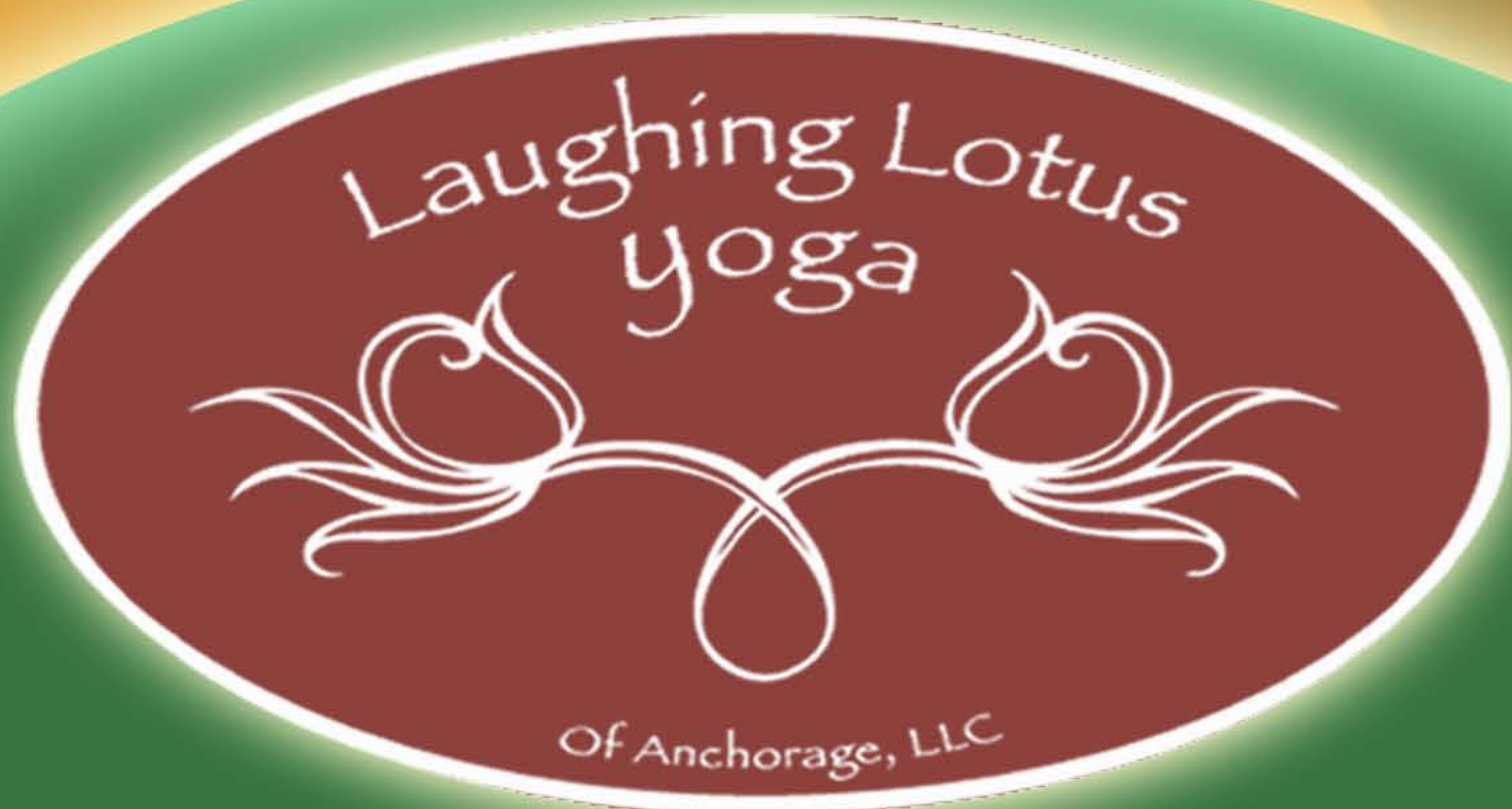
You will be introduced to Hanuman, a hero of the Indian epic, The Ramayana.

This two-part workshop will include:

- Asana to enhance your seated meditation postures
- Stories from the Ramayana
- An introduction to the recitation of the Hanuman Chalisa (a poem dedicated to Hanuman).
- Guided meditation

See website for more details

Two Sundays
Feb 28 & March 7
6-8:30 pm



243-YOGA(9642)

LaughingLotusAnchorage.com