



yoga  
studies  
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australia presents

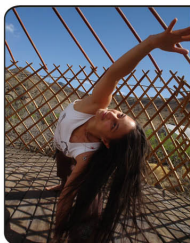
HEART YOGA  
AN INTRODUCTION WORKSHOP  
FOR YOGA TEACHERS



"Heart Yoga works on your heart in both ways: it makes your physical heart an body healthy and strong, and it opens your heart to love others. And of course the first always comes from the second..."

Lama Geshe Michael Roach

This workshop introduces you to the practice and philosophy of Heart Yoga. The practice of Heart Yoga can enrich the classes you teach and will deepen your students exploration of yoga and bring greater harmony to their physical, mental and emotional well being.



Heart Yoga instructor Giselle Ansselin will be teaching Heart Yoga Introduction workshop for Yoga Teachers at the following location.

**WHEN:** Sun 21st Sept 1-3pm

**WHERE:** Waverley Yoga Studio. 1st Floor, 6 The Highway Mt Waverley (off Stephenson's Rd, Metway 70 E1)

**COST:** \$75 or \$60 concession

**REGISTER:** To register or inquire call Tsae Lan 0439219704