

PATANJALI'S 8 LIMBS OF YOGA

YOGA AS A WAY OF LIFE

Vrnda Leier Heyden



Following the YAMAS and NIYAMAS, we will now focus on the remaining six

		(week of)
ASANA	Yoga Postures	April 10
PRANAYAMA	Science of Breath	April 17
PRATYAHARA	Introspection	April 24
DHARANA	Concentration	May 1
DHYANA	Meditation	May 8
SAMADHI	Deep Contemplation	May 15

CLASS SCHEDULE *All Levels*

Sunday 9 - 10:30 am, 5:30 - 7pm Restorative
Ashland Yoga Center 4th & A Street

Monday 5:45 - 7:15 pm Postural Yoga
Ashland Yoga Center 4th & A Street

Tuesday 9:30 - 11:00 am Iyengar Style
Rose Yoga Center 685 A Street, Ashland

Thursday 10:45 - 12:15 pm Restorative Stress Relief
Yoga SOULutions 801 Forest Street

Friday 9:30-11:00 am Aroma Yoga
Essential Wellness 296 E Main Street, Ashland

SUGGESTED READINGS by BKS Iyengar

Light on Yoga

Tree of Yoga

The Yoga Sutras of Patanjali

Core of the Yoga Sutras



541 552 0108 vrnda@mind.net
www.YogaSOULutions.com www.bepainfree.us

Postural Yoga &
Pain Free Workshop
with Vrnda Leier
Egoscue University Certified
Postural Alignment Specialist

Saturday April 23 1:30-3:30 pm
Ashland Yoga Center

- *Rediscover the body's design
- *Restore function
- * Return to health

Are you in chronic musculoskeletal pain?
Searching for a way to treat it
without drugs or surgery?

Discover non-medical pain relief by returning
the body to its original blueprint using e-cises
(primarily yoga-based exercises)

Discussion as well as experiential.

Take charge of your healing journey!

Donation

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