

“Fall Offering” 2019

“‘Patanjali’ and The Eight Limbed Path of Yoga” ...Day Retreat

Bring depth and purpose to your yoga...

This day retreat is an exploration of Patanjali’s eight-fold path! Patanjali is one of the ancient yogic sages from around the 10th/11th century who formulated a systematic approach to yoga helping to shape how we practice today!

Yoga is much more than exercise, it has substance and when studied with an open heart helps bring unity between our physical body, energy body, feeling body and thinking mind! Yoga helps us live fully alive!

My hope is that you’ll leave this day retreat relaxed and renewed, with a fresh perspective on how yoga evolved and how meaningful your practice can be!

Join me at the beautiful Unity Farm Sanctuary for a day of yoga, walks, in-depth breath work and meditation following ‘the eight limbed path’!!!

**September 28th, 2019, 9:30am – 4:30pm,
Unity Farm Sanctuary, Sherborn**

\$75

(Bring your own bagged lunch, coffee/tea and snacks will be provided)



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