



SOYA Annual Yoga Retreat in Sorrento BC
June 1-3, 2018 with

Yogacharya Dr. Ananda Balayogi Bhavanani

“EXPERIENCING THE SUBTLE ANATOMY OF YOGA”

REGISTRATION OPENS JANUARY 1, 2018 AT 6:00am



Join us for a weekend of classical yogic wisdom rooted in medical research, presented in a delightfully understandable fashion.

The weekend retreat will include:

ॐ asana practice based on the classical teachings of the Gitananda lineage

ॐ pranayama techniques to utilize our lung capacity for higher states of consciousness

ॐ mudras to change the flow of energy within us to invoke the energies of the universe

ॐ the 12 chakras or vortices of energy that keep us integrated as a human being

ॐ the panchakoshas – the five layers of our being held together by prana

Dr. Ananda is a Medical Doctor, Yogacharya and Certified Yoga Therapist with IAYT (International Association of Yoga Therapists). He is Director CYTER in the Sri Balaji Vidyapeeth University and Chairman of ICYER at Ananda Ashram. He continues to carry on the teachings in pranayama, mudras and yoga therapy as established by his father Dr. Swami Gitananda Giri. He is an internationally renowned teacher and therapist based in Pondicherry, India.

\$295 +gst before March 15th. Meals & rooms/camping available.

Visit www.soyayoga.com/events for more information!

**South Okanagan Yoga Academy, #281-3980 Squilax-Anglemont Road,
Scotch Creek, BC V0E 1M5 250-492-2587**