

# WORKSHOP

*with Sudhir Tiwari*

## YOGA

*Fundamentals in theory and practice of classical yoga asana and pranayama.*

**Sat 22nd Feb & Sun 23rd Feb**

6am - 6:45am Fire Ceremony

7am - 9am Asana & Pranayama

10:30am - 12:30pm Chanting/Q&A

1pm - 3pm Talk & Meditation

**Location:**

Tank 3, Tanks Art Centre, Edge Hill

**Cost:**

Full weekend (Sat & Sun) \$180

One day workshop (Sat only) \$95

A workshop with visiting teacher, Sudhir Tiwari, who grew up in Kaivalyadhama, one of India's oldest yogic institutes using **modern science** to study the effects of yoga practice.



A unique opportunity to gain an understanding of the theory, practice and essence of classical yoga (Asana and Pranayama). This workshop is open to students from all styles of yoga, and all abilities, beginners most welcome. Sudhir is a captivating speaker presenting ancient teachings with modern relevance and delivering entertaining stories with wit and charm of life growing up amongst some of the greatest yogis of our time.

This special event is hosted by Light Source Yoga and Soul Train Yoga, Cairns.

**Bookings Essential:** Paul Chambers 0414 239 949 or Alison Ritchie 0407 092 967

**For online payment & details see web:** [LightSourceYoga.com](http://LightSourceYoga.com) or [SoulTrainYoga.com](http://SoulTrainYoga.com)