



Australian College of Classical Yoga

32 Jenner St. Blackburn Sth. 3130

www.classicalyoga.com.au

SUNDAY February 28, 2010

ONE DAY RETREAT

Feeling Good!

7.30 am – 4.30 pm

We are all capable of experiencing profound peace and love – though there are many reasons why we don't. One is unrealistic assumptions – that 'reality' ought to be subject to our whims, for instance. Another is that we are used to clutching at feelings of dissatisfaction and discontent. We all invent a limited idea of ourself, and then imagine that it is real. This retreat explores some of the ways we can develop the habit of feeling good.

The day includes:

- Discussions on feeling good with Swami Shantananda,
- Asana, the healthy movements of yoga with Ma Sally, and
- Meditation – stillness of mind.

It is YTAA approved for 8 points of CPD for Yoga teachers

The program will be led by Swami Shantananda (Mataji) and Ma Sally Dawson



Swami Shantananda (Mataji)



Ma Sally Dawson

Fee: \$135 (includes complimentary breakfast) BYO lunch

Location: 6 The Highway, Mt Waverley, VIC, 3149

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