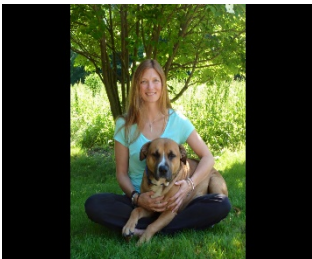


The Shiva Sutras Yoga Philosophy Intensive October 19-20th

Please join me in welcoming my meditation teacher Catherine Stewart to the area for a look at six of the most important sutras and how they are infused into every other sutra and into our daily lives.

The Non-Dual Kashmir Shaiva Tantric tradition brings forward an inspiring view of the world and of human existence. In this intensive we will delve into the Shiva Sutras, the root text of the tradition, to explore the fundamental principles, teachings and practices developed to expand human consciousness. Discover how this body of knowledge is supportive to contemporary householder life and how consciousness abides in every aspect of life.



Lauri is a wholistic practitioner who combines her education in Ayurvedic medicine as an Ayurvedic practitioner, twenty years of practice as a yoga student, teacher and teacher trainer as well as her intuition as a reiki master teacher to develop a wholistic approach for each individual's wellness. This wholistic approach includes lifestyle

practices, diet, herbs, meditation, yoga and energy work. She is committed to helping each patient understand who she/he is and how to find balance and health in body, mind and spirit.

lifeyoga85@gmail.com



Catherine Stewart has been studying the yogic tradition in varying forms since 2004 and engaged in the formal practice of Neelakantha Meditation and deep study of the tradition since 2009. Known for her humor, patience and unique perspective to be able to distill these

teachings it is from this platform of immersion and experience that she supports others as they begin to open their awareness to the inherent possibility of wholeness inside themselves and find relevance in the ancient teachings of this tradition in their modern daily lives.

catherine@ohayer.com or www.naMalini.com

Address

60 Pointe Place Suite 29
Dover, NH

Time

Friday 5-8pm
Saturday 10-5pm

Cost

The cost for this intensive
is \$222.00

Contact

lifeyoga85@gmail.com

603-770-3383