

YOGA *Sivananda de l'Outaouais*

Classical Hatha and Raja Yoga

invites you to attend

Evening Satsang with Swami Swaroopananda

Thursday, July 8

7:30 – 9:30 p.m.

Question & Answer Session

What is the question you are living with right now in your life? Write it down and bring this question about yoga and the meaning of life to the evening Satsang this Thursday. Swami Swaroopananda is renowned for his clear, concise, and complete answers to every question. As a master of Jnana Yoga, the yoga of knowledge, his answers are always illuminating. He dispels doubts and fears, clears troubled minds, and speaks words of wisdom steeped in the light of Vedanta, one of the oldest philosophies of the world.



Swami Swaroopananda is one of the foremost disciples of Swami Vishnu Devananda, world-renowned authority of Hatha and Raja Yoga. He is the Acharya (spiritual director) of Sivananda Yoga Centres and Ashrams in Israel, California and the Bahamas. He is also a senior teacher of the long established Yoga Teacher Training Courses offered by Sivananda Yoga Centres International worldwide since the early 1960's. Swami Swaroopananda brings a rare wisdom and understanding to his teaching.

Free entrance. All welcome. Bring a friend.

Summer Yoga Schedule

Tuesday 9:30 a.m.

Tuesday 7– 8:30 p.m.

Wednesday 7:15 p.m. Sunset Yoga at the Aylmer Marina

Thursday 7-8:30 p.m.

All classes are Open (all levels).

Drop-in (no advance registration required) \$12

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