New Frontiers of Yoga
Presents



"YOGA - ON and OFF the MAT"

Learning to Live in Balance

at the Sambodh Center

6363 N 24th St, Kalamazoo, MI 49004

April 28, 2018

9am–Noon & 1:00-4:00pm

$60 Full Day's Program: Suggested Donation

- Comes with a Free Vegetarian Lunch -

RSVP & Registration: TheSambodhSociety@gmail.com or 269.492.0544

Morning Program - 9:00 a.m.–Noon - Suggested Donation - $30



Featuring Special Guest:

Yogi Nitin of Sambodh Yoga

"MEDITATION YOGA"

VEGETARIAN LUNCH at NOON - $5 donation

Afternoon Program 1:00 – 4:00 pm - Suggested Donation $30

Yoga for Daily Life - Swami Bodhananda Saraswati
Spiritual Director & Founder, The Sambodh Society, Inc.

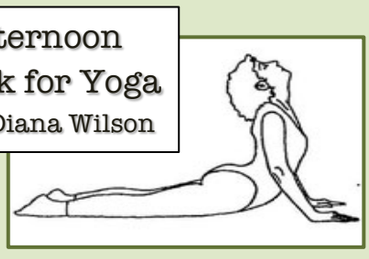
Food as Medicine: Ayurveda's Approach to Optimum Health
Ruth Small

Experiencing the 5 Great Elements through Yoga, Pranayama & Meditation
Diana Wilson

India and the Yoga of Nature
Tom Small

Subtle Energy Healing in the West
Brian Wilson

Afternoon Break for Yoga with Diana Wilson



Plus: Kirtan with Alicia Dawn & Singing Bowls with Wendi Sullivan