

YOGA OF THE HEART

*"At the Heart of Yoga you'll discover the heart of Life,
within you now"*



HELSINKI, FEBRUARY 2009

Friday 20th February, from 18:00 to 21:00

Saturday & Sunday (21st, 22nd), from 10:00 to 17:00/17:30

This is a 2.5-day non-residential workshop

Facilitated by Jonathan Evatt
visiting from New Zealand

Register online at www.jevatt.com/yoga02

More info: www.jonathanevatt.com/events

Spirituality often starts out as another “pursuit” along with all the other “things” we are told to “attain” in life. Typically yoga is no exception—it becomes another form of potentially endless seeking.

Yoga of the Heart is different. It ends all seeking, all becoming. Discover an approach to Yoga, spirituality, and your entire life based on the principle of Conscious Participation. You already are That which you are. This will never change. You can never “become” something else. It is simply a question of “How fully and how consciously am I participating in the true magnificence of That which I Am, right now?”

Yoga of the Heart is a means of greater participation in That which is fundamentally real within you and within your life.

IS YOGA OF THE HEART FOR YOU?

If you have a heart-felt desire for conscious participation in the emergence of your true nature—as a whole & healthy Being—this workshop may be of great benefit to you. Part discourses, part active meditations, part yoga asana and dynamic movement; this is an opportunity for you to feel intimately empowered and at home within the very depths of your Heart... within your body, your mind, and your emotions... within your entire Life, right now.

~ TOPICS WE’LL EXPLORE ~

- The science and power of breath, yoga asana, sound, kundalini/dynamic yoga, meditation and stillness
- Developing an empowering personal yoga practice that suits you and your body~mind
- Ending the war within and establishing Inner Peace
- Clearing past emotion—to be here now
- Being fully present to Life as it is, right now
- Moving beyond dualities, judgment, and suffering
- A liberating approach to Yoga, Meditation, and spirituality through the way of the Heart

~ DATE & TIMES ~

20/02/2009 ~ 18:00 to 21:00 (3 hours)
21/02/2009 ~ 10:00 to 17:30 (6 hrs + breaks)
22/02/2009 ~ 10:00 to 17:00 (5.5 hrs + breaks)

~WHERE~

Svalvik, Helsinki (see registration page online)

~PRICE~

Early booking price €145 (before Feb. 13th)
Full price €175 (Feb. 14th onwards)

~REGISTRATION & EXPRESSIONS OF INTEREST~

For questions call Jonathan on 046 645 6852. Please register online at www.jevatt.com/yoga02
More information at www.jonathanevatt.com/yogainfo

~YOUR FACILITATOR~

YOGA OF THE HEART is facilitated by Jonathan Evatt; author of the multiple-award winning book *Peace, Power, and Presence*. Exploring, remembering, and living the way of Yoga (Union) and Freedom since early childhood, Jonathan’s clarity and depth of understanding both inspires and transforms. He sees it as his purpose to catalyze a profound shift in consciousness... not by “teaching” people anything “new”, rather through assisting you to uncover and embrace the wisdom you already contain.

The time is now...

Early booking & expressions of interest are essential. Register online to secure your place

