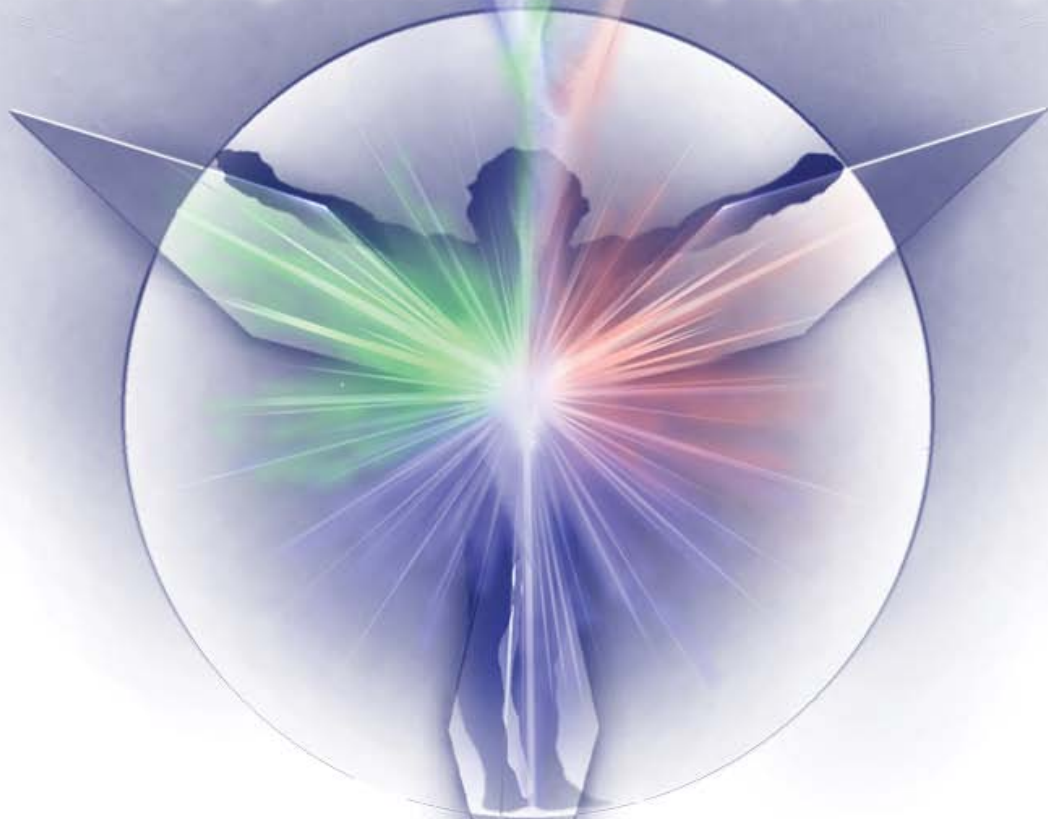


YOGA OF THE HEART

"At the Heart of Yoga resides the heart of Life, within you now"



FINLAND, JANUARY 2009

Porvoo: Friday 16th January, from 18:00 to 21:00
Saturday & Sunday (17th, 18th), from 10:00 to 17:00

This is a 2.5-day non-residential workshop

Facilitated by Jonathan Evatt
visiting from New Zealand

Info: www.jonathanevatt.com/events
Register online at www.jevatt.com/yoga02

Often spirituality starts out as another “pursuit” along with all the other “things” we are educated to seek out in life. Yoga and meditation are no exception—another form of potentially endless seeking.

Yoga of the Heart is different. It ends all seeking, all becoming. You will 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?”

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 awakening 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 kriyas (internal energy practices); this is an opportunity for you to feel intimately empowered and at home within the very depths of your Heart... within your body, mind, and emotions... within your 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 (3 DAYS TOTAL) ~

16/01/2009 ~ 18:00 to 21:00 (3 hours)

17/01/2009 ~ 10:00 to 17:00 (5.5 hrs + breaks)

18/01/2009 ~ 10:00 to 16:30 (5 hrs + breaks)

~WHERE~

Svenska Folk Academy
Runeberginkatu 16-18, Porvoo

~PRICE~

€144 per person

~REGISTRATION & EXPRESSIONS OF INTEREST~

For questions call Jonathan on 046 645 6852. Register online at www.jevatt.com/yoga02

Online info 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*. He has been exploring, remembering, and living the way of Yoga and Freedom since early childhood. Jonathan’s clarity and depth of applied understanding is not something rarely seen in the world today. He sees it as his purpose to change that... not by “teaching” people anything “new” but rather through assisting people to discover and trust the wisdom they already contain.

The time is now...

Early booking & expressions of interest are essential—if you feel *called*, please call today

