

Michael Stone is a psychotherapist, author and Yoga teacher and teaches internationally in studio, academic and medical settings. His most recent book, "The Inner Tradition of Yoga" (Shambhala), with a foreword by Richard Freeman, explores Yoga from a psychological perspective. His forthcoming book "Yoga Engaged" explores the relationship between spirituality and activism.

Michael is a long-time student in both Buddhism and the various Yoga traditions of Krishnamacharya. He has written extensively on Yoga psychology, most recently presenting his work to H.H. The Dalai Lama. Michael leads Centre of Gravity Sangha, a community of Yoga & Buddhist practitioners in Toronto. Visit his website at www.centreofgravity.org

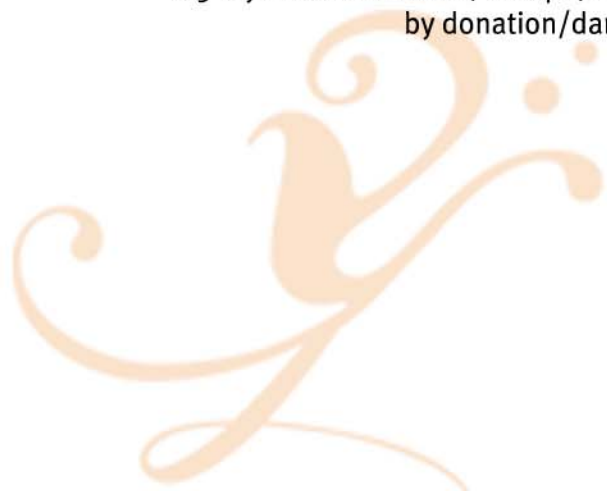


A Lecture: The Inner Tradition of Yoga

Drawing on his new book exploring the psychological aspects of Yoga practice, Michael will discuss key teachings from the Yoga tradition and how they come to life in formal practice and in each and every moment. He will explore the relationship between mind and body in traditional Yoga and Buddhist teachings and some of the necessary changes that these traditions are undergoing as they establish themselves in contemporary western culture.

**Friday October 3rd, 2008
7pm to 9pm**

Living Yoga and Health
105 Wyndham St. North, Guelph, ON
by donation/dana



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How does Yoga mature both on and off the mat? Not by adding more and more spectacular postures but by learning how to contact and work with unfolding mental states, physical sensations, energies and feelings as they materialize in each and every moment. Yoga tunes us into the reality of how things actually are.

Using a rich context of Yoga and Buddhist philosophy and meditative insight, this daylong experience of Yoga will allow participants to bring a new degree of freedom, technical skill and compassion to their every day practice. We will explore small, subtle adjustments in form and attitude that can make problematic and difficult poses more accessible. Whether you are a beginner or an advanced practitioner of Yoga, you'll learn new ways to adapt to the present moment and make your practice graceful and free.

**Saturday October 4th, 2008
9-12 and 1-4
Fospace, 260 Waterloo Avenue
\$95 including gst**

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