

embodied practice, embodied presence

TAKING CHARGE OF YOUR LIFE WITH KEN MCLEOD & HART LAZER

An Intensive Life Camp Intended to Encourage the Development of Skills & Capacities for Daily Living

Merging meditation and yoga in a non-traditional way, Ken McLeod and Hart Lazer reveal a way to live without struggle. Through a combination of yoga asana, meditation, discussions and interactive exercises they show you how to truly rest in mind, body, heart.

Learn to differentiate between power and force, effort and compliance. Find ways to release specific emotions, reactions and identities and the ways they express in your practice, your body and your life.

Guided by these two experienced teachers, discover a deeper intelligence and natural abilities that allow you to find your own path in life.

SEPTEMBER 23-25, 2011

UNITED YOGA MONTREAL

\$275 BEFORE JUNE 1

\$350 AFTER JUNE 1

(HST not included)

For more information,
contact **Kristin Honey**
at **519-826-0620** or
info@kristinhoneyyoga.com.

kristin honey

Yoga



KEN MCLEOD began his studies in 1970 with the Tibetan meditation master, The Ven. Kalu Rinpoche. One of the senior Western teachers of Buddhism today, Ken McLeod is also one of the most innovative. Known for his ability to explain difficult and subtle teachings, "he distills the nature and purpose of Buddhism to make it accessible for any newcomer without dumbing it down." (Phil Catalfo, *Yoga Journal*, July 2001). A translator and author, Ken established *Unfettered Mind* in 1990 and is the Executive Director.

HART LAZER has been teaching yoga for over 25 years, and received the depths of his training principally from Iyengar Yoga teacher Ramanand Patel. In the past few years Hart has broadened his practice to include Ashtanga Yoga, Buddhist study and meditation. The integration of these practices with his knowledge of Iyengar Yoga alignment is fully felt and reflected in his practice and his teaching.