

Yoga and Pranayama

Ramanand Patel



September 5-7, 2006

Times: 10 am - 1 pm and 6 - 9 pm

Ramanand Patel is a leading yoga instructor for students and teachers around the world. When he was 12, his father initiated him into Yoga practice and philosophy. After meeting a few other teachers, he started more serious study under BKS Iyengar in 1968. Since 1984, he has studied Vedanta philosophy under H.H. Swami Dayananda Saraswati. He has also learned from sharing his knowledge with a vast number of students and teachers since 1964.

Ramanand is highly respected and credited as a major innovator in the use of props and working with students with special needs.

Finding peace through Asana, Meditation & Pranayama

Father Joe Perreira



October 20-22, 2006

Fri. 5 - 9 pm · Sat. 9 am - 5 pm · Sun. 9 am - 1 pm

Recipient of the *Yoga Journal* Karma Yoga Award, Father Joe Perreira has been teaching Yoga for over 20 years. As a senior Iyengar instructor, he has worked closely with BKS Iyengar for many years and spent over 20 years working aside Mother Teresa. He is the founder of the Kripa Foundation, an organization with 37 centres that combines Yoga asana and meditation with a 12-step program to provide support for people living with addictions, AIDS and HIV. Father Joe is well loved and highly respected for his selfless spirit and the depth of heart he brings to the practice of Yoga.

Talk & Meditation
Sun. Oct. 22
6-8 pm
Open to the public
By donation

Register quickly as space is limited!

Each Workshop: \$300 before June 1, 2006 · \$350 after June 1, 2006 (GST INCLUDED)

Both workshops at Queen Street Yoga, 44 Queen Street South, Kitchener

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Yoga

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