

Shadow Yoga

Lecture and Workshop

28–30 June 2019 Tara Hall – Buddha House

A rare opportunity to learn from two leading practitioners of Hatha Yoga. Sundernath (Shandor Remete) is the founder of Shadow Yoga and Nrta Sadhana and an initiate of the Goraksha Sampradaya of the Kanpatha Yogis. Emma Balnaves is the Director and co-founder of Shadow Yoga and Nrta Sadhana.



Shadow Yoga

Lecture and Workshop 28–30 June 2019

Shadow Yoga is a traditional form of Hatha Yoga. The teaching of the Shadow School is based upon the ancient Hatha Yogic texts which state that all fixed forms should be designed to develop the practice of freestyle. Freestyle is a necessary step in the cultivation of longevity and enlightenment.

Venue: Tara Hall, Buddha house,
496 Magill Road, Magill SA

Hatha Yoga Lecture: with Sundernath
(Shandor Remete) open for all interested in yoga
to attend. **Friday 28 June** 6pm–8pm. Cost: \$110

Shadow Yoga Workshop: with Emma Balnaves
open to all level of yoga students

Saturday 29 June 7am–9am & 4pm–6pm

Sunday 30 June 7am–9am

Workshop only: \$330/early discount \$290 (by 31 May)

Lecture & Workshop: \$440/early discount \$390 (by 31 May)

Registrations: through Hatha Yoga Shala – Gary Mills

www.yogashala.com.au – gmills@internode.on.net

Ph. 08 8223 2902

