

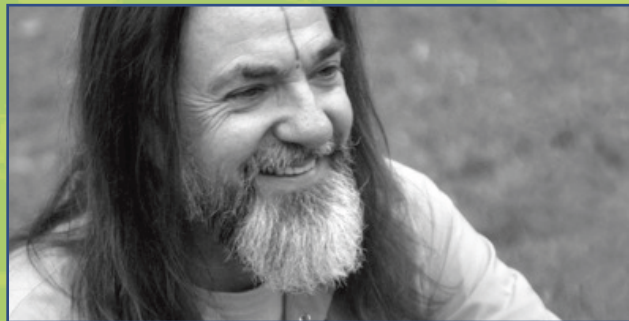


yogasynergy

YOGA PHILOSOPHY BEYOND THE MAT

with Swami Govindananda at **YogaSynergy**

Friday 31st July, 7 - 8:30 pm



Swami Ji's talk 'Yoga Philosophy beyond the mat' picks up where the practice of physical yoga naturally leads you to – enquiry of the self, the desire to meditate, and to gain deeper understanding of the origins of yoga from a spiritual perspective.

Swami Ji will also lead us in kirtan – uplifting chanting and music to open your heart and connect directly with the Divine in all of us.

Swami Ji is an accomplished charismatic speaker. An author and producer of 100's of recorded talks, he brings to us the fruit of his many years of experience living in India studying philosophy and meditation at the deepest levels.

Chai & snacks will be available
Everyone is welcome

Location: YogaSynergy Bondi, Room 2
(enter via Donald Place, corner of Bronte Road and Birrell Streets)

Donations: All proceeds will go to charity in India through Swami Ji's Bhakti Meditation Centre Ltd. For more information visit www.jkp.org/charitable_works

We look forward to seeing you there!
Namaste

www.yogasynergy.com