



MOVING INTO STILLNESS

A DAY OF YOGA and MEDITATION

A day of meditative yoga and mindfulness practice, with a focus on working with the breath to make a smooth transition from movement into stillness

With SUDDHAKA and JANET EVANS

Sunday Oct 17th 2010 10.00am to 4.30pm

**At: The North London Buddhist Centre,
72 Holloway Road London N7 8JG**

(Nearest tube: Holloway Road or Highbury and Islington)

Cost: £50/£30

Yoga and Meditation help us to develop a lifestyle of mind/body habits that reliably bring better physical health, mental clarity, emotional balance and inspired spiritual fulfillment. This workshop is for beginners and experienced practitioners, anyone ready and willing to look within to learn how to empower and transform their life from the inside out.

Suddhaka has been a student of Buddhist meditation since 1992 and is ordained into the Western Buddhist Order. He has been teaching meditation since 1998 and currently teaches in North London.

Janet Evans is a Viniyoga / BWY teacher. She has been practising yoga since 1987 and teaching since 1996. She teaches adults, teenagers and children in South East London.

To book please contact The North London Buddhist Centre 020 7700 1177
www.northlondonbuddhistcentre.com