

Skills for a soul-based life

Intensive Purna Yoga Workshop with
Brad Waites

Intensive Purna Yoga Workshop

This workshop by Brad Waites, one of Aadil Palkhivala's most experienced students, is about choice and freedom. We live in a cause and effect world: you act on a choice; you get a result. But how can you manage this knowledge in daily life? This workshop is a mixture of Philosophy and Asana.

You will learn:

- The one story that is happening in the Universe and your role in that story, also known as your life's purpose or Dharma.
- Heartfull Meditation™ techniques that will help you to connect with your inner wisdom.
- Purna Yoga Asana to free you from the limitations of your past and open you to the potential of your future.
- How your daily life is offering you a rich playing field for growth and transformation.

What: Intensive Purna Yoga Workshop

When: September 29, 30 & Oct 1, 2017

Where: Yoga Roots Amsterdam

Time: Fri 19.00 – 22.00,
Sa / Su 10.00 – 18.00

Price: € 250,-

Web: www.yogaroots.amsterdam



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