



The Yoga of Dharma – Practice supporting our highest potential

Dharma means our role, purpose or duty in life. Finding what brings us joy comes from clarity gained by yoga practice. This not only energizes and sustains us, but benefits others as well.

Through lecture and practice we will explore:

- Classic yoga models around dharma
- Relationship between responsibility and desire
- Techniques for different stages of life
- Asana, pranayama, bhavana, ritual and meditation relative to Dharma

Saturday May 21, 2016 1:30 to 5:30 at Vastu 17 Main St.
Warwick NY 10990

Cost: \$100 register with Fran at franubertini@yahoo.com
Or call Vastu at 845-987-7475.

This workshop is eligible for CEU's with Yoga Alliance

Fran Ubertini, ERYT 500, is a Yoga Teacher Trainer and Therapist in the Krishnamacharya tradition with over 20 years experience. She conducts workshops and trainings locally and nationally, as well as continuing her studies with Sonia Nelson in New Mexico.