



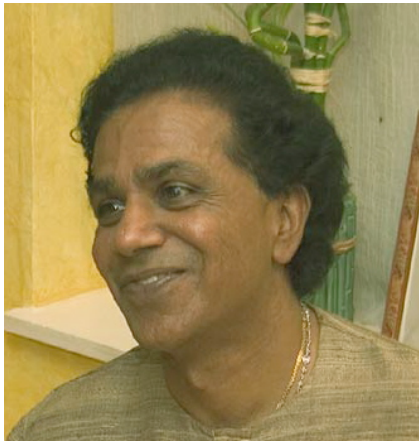
# YOGA fusion

Presents:

## “Mind is Simply an Event” with Anirudh Shastri

Sunday, March 18th, 1pm to 4pm

\$45.00 with online preregistration, \$55.00 day of workshop



The Yoga Sutra of Patanjali is the classical ancient Indian treatise on the practice of Yoga. While yoga conjures up images of bodily postures and stretches in popular western culture, this aspect of yoga, the asanas, is only the third of the eight limbs outlined in the Yoga sutras and indeed, Patanjali pays only passing attention to this aspect of the system. The sutras of Patanjali are techniques which start with where we now are, but within a short time lead us to an experience that is beyond what we know. Through these sutras, Patanjali is reaching out to touch our hearts, to awaken the dancing spirit within us. Let the fragrance of Patanjali sutras enter your heart.

Join Shastri at Fusion Yoga for a philosophy lecture on the Yoga Sutras of Patanjali followed by asana and pranayam practice.

Anirudh Shastri is a well-known and highly respected Yoga teacher with an extensive background in Yoga philosophy and Asana. He has been teaching for 30 years, bringing his deep knowledge of the physical and spiritual aspects of yogic philosophy to his many students.

Register online at

<http://clients.mindbodyonline.com/ws.asp?studioid=19309&stype=-8>

## The Yoga Fusion

*“The New Center of Yoga in the East Bay”*

2217-N San Ramon Valley Boulevard San Ramon 94583  
2 blocks north of In-n-Out, behind the Awe-dacious salon

[www.TheYogaFusion.com](http://www.TheYogaFusion.com)

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