

# YOGA DAY

**Saturday  
February 27th**

**“AN OCEAN OF BLISS “  
With Andrea Freeman**

**10am—12.00pm**

**“As rivers flow into the sea, losing their individuality, so the enlightened, no longer bound by name and form, merge with the infinite, the radiant Cosmic Being.” The morning class will cover a full asana practice with a focus on our foundation within postures, the flow of breath; the wind in our sails, and relaxation.**

**Andrea has been teaching Hatha Yoga in Kingsley and Sorrento for the past 9 years and completed her teacher Training Diploma, through the International Yoga Teacher Association Inc.**

**1.30 pm—2.30pm Mindfulness Training (With Patrick Jones B.Theol, M.Psych)**

- a) The 10 major attributes of Mindfulness Training (Clear Mind / Open Heart)
- b) The application of MT to yoga
- c) The application of mindful yoga to the path of enlightenment.

**Beacon Yoga Centre  
151 South Street (Cnr Field)  
Beaconsfield**

**Yummy vegetarian lunch included**  
Attend all day or part there of.

**Cost: \$25 or \$20 Members/ Concession**

For further details please email  
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