



New Frontiers of Yoga Presents



“YOGA - ON and OFF the MAT”

Learning to Live in Balance

at the Sambodh Center

6363 N 24th St, Kalamazoo, MI 49004

April 28, 2018

9am-Noon & 1:00-4:00pm

\$60 Full Day's Program: Suggested Donation
- Comes with a Free Vegetarian Lunch -

RSVP & Registration: TheSambodhSociety@gmail.com or 269.492.0544

Morning Program - 9:00 a.m.-Noon - Suggested Donation - \$30



Featuring Special Guest:

Yogi Nitin of Sambodh Yoga

“MEDITATION YOGA”

VEGETARIAN LUNCH at NOON - \$5 donation

Afternoon Program 1:00 - 4:00 pm - Suggested Donation \$30

Yoga for Daily Life - Swami Bodhananda Saraswati

Spiritual Director & Founder, The Sambodh Society, Inc.

Food as Medicine: Ayurveda's Approach to Optimum Health

Ruth Small

The 5 Great Elements: Yoga, Pranayama & Meditation

Diana Wilson

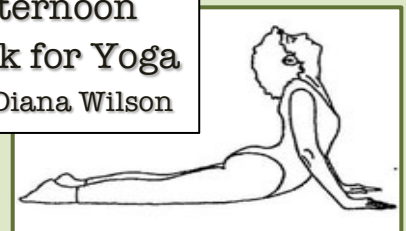
India and the Yoga of Nature

Tom Small

Subtle Energy Healing in the West

Brian Wilson

Afternoon
Break for Yoga
with Diana Wilson



Plus: Kirtan with Alicia Dawn & Singing Bowls with Wendi Sullivan