



**Integral Yoga Academy of Australasia  
(I.Y.A.A)**

**Presenting**

**“Yantra – the Vedic Science of Number / Form” &  
How to Understand One's Self through Yantric Yogic  
concepts for life and living**

with

**Yogacharya Muralidharan Giri**  
**Chairperson Gitananda Yoga Centre Sydney**

**This workshop will include ....**

- Concourse and Protocols in Yantra
- Particular yogic practices according to our dharmic path in order to live our full potential
- The relationship grid within families
- A specific Gitananda practice
- .....and more

**When:** Saturday 15<sup>th</sup> June 2019

**Where:** 310 South Terrace Adelaide

**Arrival time:** 9:00am start and closing at 4 pm

**Deposit:** \$54 to register

**Balance of fees** \$144 by 28<sup>th</sup> February 2019

**Included:** Cooked vegetarian lunch.

**Cancellations:** Due to advance flight bookings for our presenter, fees are non-refundable or transferable.

**What to bring:** Water, mat, blanket, pen and note book. Wear loose comfortable colored clothing which helps to keep the room scenery bright and colorful. Kindly abstain from wearing scented products.

Registrations: Email [linda@integrallyoga.com.au](mailto:linda@integrallyoga.com.au) or Tel: 0431 300 151

Web: [www.integrallyoga.com.au](http://www.integrallyoga.com.au)

**Payments to: IYAA BSB 805050 Account: 02345012 (Please include your name).**