

# Yoga of the Heart Intensive

## International Workshop

Perfect opportunity for yoga practitioners,  
teachers and teachers-in-training

Hours can be used towards 200 and 500 hour training

In yoga, the Heart is a vibrant space where the *many sides of us* come together as one harmonious whole.

During this weekend practice workshop you will:

- ◇ alternate between simple and deep asana practice and more active postures
- ◇ explore 3 classic tantric meditation techniques
- ◇ make vital connections between ancient teachings on the heart and our lives



September 22 - 23, 2018

Sat: 12-6pm (1 hour break)

Sun: 10am - 4pm (1 hour break)

**Cost: \$275**

*(\$250 before August 15)*

**With Robin Golt**

Robin Golt (ERYT-500) has been exploring yoga as a path of learning and transformation for 33 years, and teaching since 1992. She continues to share alignment-based, heart centred practices, including asana, meditation and study with students interested in deepening their practice and understanding.

She is currently writing a book, "The Deepening Journey Study Guide & Workbook," that will inspire and support yoga teachers and teacher-trainers to navigate the great ocean of yoga philosophy and history.



#206, 2016 Sherwood Drive, Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

