

NO MAGIC PILL, BUT MANY SOLUTIONS: YOGA'S ANECDOTES FOR HEALING

WITH DANIELLE TARANTOLA



FOUR MONDAYS OF FEBRUARY

6TH, 13TH, 20TH, AND 27TH

10:00 – 11:30AM

Yoga encourages self-reflection. Is it enough to discover the facets and patterns of our own unique individual? Then, what do we do? Buried treasures in sage Patanjali's text *The Yoga Sutra-s* point us towards what can get in the way of our progress and how to calm down and embrace experience so that we can touch the very essence of our power. Join us for a down-to-earth, practical lecture and discussion, and a practice that helps to deepen the understanding of the concepts we cover.



Pre-registration required

Sign-up online or at studio.

\$100 register 1/31; \$115 beginning 2/1

Member price: \$85

Please go to hoshyoga.org to watch a short video with Danielle and read her bio.