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new!

yoga*lab

posture clinics to
increase brilliance

mapping your way home:
the subtle paths of the energetic body
w/ guide mira shani

Join us for an impromptu guest visit from a deeply gifted yoga and philosophy teacher!

Mira has been teaching for more than 10 years and her playfulness and sincerity make the esoteric teachings accessible for all. She lives and studies in Tucson, Arizona with her heart teacher Geshe Michael Roach and teaches ongoing classes at Yoga Oasis as well as international teacher trainings including the Yogapod Module 2: Teacher Training this December!

cost \$25

Sunday Aug 8th, 2010

1:30 - 3:30pm

Note: Mira will also be leading the 4:00 - 5:30pm Anusara Class after this workshop. Join us for the cost of as regular drop-in or use your pass!



register online: www.yogapod.com by phone: 604 924 9642 #101, 260 west esplanade st. north vancouver