



# Carlos Pomedá

## Australian Tour

**Breathing Space Yoga** is pleased to present two seminars by renowned international yoga scholar **Carlos Pomedá**. They combine a dynamic and insightful presentation with the opportunity to experience directly some of the most powerful practices of the yoga tradition, in a pleasant interactive format.

**Carlos** will present a two hour seminar exploring the experience of meditation. This session is suitable for beginners as well as those wishing to deepen their understanding and experience of their meditation practice.

## The Joy of Meditation

2 hour Seminar **Thursday 25th June 7.00-9.00pm \$45.00**  
Venue: Clifton Creative Arts Centre, 314 Church Street Richmond  
(Cnr Darlington Parade and Church St)

The great thing about meditation is that we all have everything we need to practice it already! All that is required is simple, skillfull guidance that will allow us to get in touch with the unbounded reservoirs of joy, inspiration and love that lie within us.

In this single session introduction - taught by a former monk with over 30 years of experience - we will explore the various building blocks and facets of meditation. We will have ample opportunity to explore various approaches through guided group sessions, discussions with questions and answers.

Join us in this fascinating journey of exploration.

### Registration

Name: \_\_\_\_\_

Contact Details: \_\_\_\_\_

Email address: \_\_\_\_\_

**Payment (please tick): \$45.00**      Cash       Cheque

Registration and full payment required prior to the event.

Please make payment to: "e-Online Pty Ltd", 15 Selbourne Street, Hawthorn 3122

If you would like to do the meditation workshop, but Thursday night is not suitable, there is the possibility that Carlos will offer an additional 2 hour meditation evening on Tuesday 23rd June at the Richmond venue. Please register your interest by email or phone. To be confirmed according to interest.

For enquiries and further information, please call (03)9818 4073 or  
email: [deepa@breathingspace.com.au](mailto:deepa@breathingspace.com.au) [www.breathingspace.com.au](http://www.breathingspace.com.au)