



Carlos Pomedá

Australian Tour

Breathing Space 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 exploration of meditation plus a full day interactive workshop. The full day workshop is suitable for beginners as well as those wishing to deepen their understanding and experience of their meditation and yoga practice.

SPANDA: The Pulsation of life

*One Day Workshop **Saturday 27th June** 9.15am - 4.15pm \$150
Venue: Breathing Space Yoga Studio Level 1, 217 Chapel Street,
Pahran (above Chapel St Bazaar)*

What is the secret of the tremendous display of energy behind all natural phenomena? What is the dynamism of life? What is the power which enlivens our senses and our mind? What is the vitality behind our consciousness? How can we be in contact with the source of our energy and happiness?

These are some of the questions explored in this fascinating seminar. Drawing from one of the fundamental texts of Kashmir Shaivism, this course explores the very foundation of life and the universe, unveiling powerful insights. Participants will be offered a variety of transformative practices that have the potential to radically transform and enrich our lives.

----- Registration -----

Name: _____

Contact Details: _____

Email address: _____

Payment (please tick): \$150.00 Cash Cheque

Registration and full payment required prior to the event.

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

PARKING : There is all day parking available at the back of Cecil Place, (ANZ bank on the corner) opposite Breathing Space Studio \$6 for all day.

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