



**YOGA: The Essence of Balanced Living  
with Richard Woods  
Thursday, April 23<sup>rd</sup> 7:00 – 8:30 p.m.**

*Does your Yoga practice leave you calm and relaxed for at least two days?  
Does it teach you techniques for reducing the stress in your life?  
Does it teach you to recognize the limits of your body?*

There are many differences between the practice of eastern Yoga and the many variations of Yoga that have emerged in the western world over the past several decades. Yoga is a Sanskrit word dating back several thousand years meaning "union". But union of what? It is the union of several vital elements that are essential for bringing about the balance between the body, mind and spirit leading to optimum health and mindful relaxation.



**Richard Woods** is a certified Sivananda Yoga Teacher with more than twenty years of experience practicing and teaching all the elements of Eastern Yoga required to achieve balanced living in the 21st century. Over the years, he has taught Yoga at Algonquin College, the International Academy of Natural Sciences, Palliative Care Nurses at the Bruyere Centre and has created special yoga therapy programs for the Rehabilitation Centre and for people with Multiple Sclerosis.

His mentors were Swami Vishnu-Devananda and Swami Durgananda, both well known to the world of Eastern Yoga. The introduction of Eastern Yoga dramatically changed his life and was the central factor contributing to his decision to leave his post as an Assistant Deputy Minister in the Federal Government of Canada.

We encourage students and teachers alike to join "Vishnudas" as he shares with you the essence of his life changing journey!