

# HATHA YOGA WORKSHOP

**“A fund raiser for Hammond United Church Building Fund.”**  
(over 100 years old, historic Hammond Church is undergoing some much needed repairs)

**THURSDAY, JUNE 12, 5:30 TO 9:30 PM**  
**at HAMMOND UNITED CHURCH,**  
**11391 DARTFORD, MAPLE RIDGE, B.C.**



## **Five Tibetan Rites** **& the Rishikesh Sequence** Plus 108 mantra repetitions for Peace *with Mugs McConnell* E-RYT 500, SYVCA, SOYA, IYTA

SPREAD THE WORD & BE THERE  
for a Fun evening of Yoga!

### **...about The Five Tibetan Rites**

During this FUNDRAISING Yoga workshop we will learn the Five Tibetan Rites, which are unusual rhythmic movements that stimulate the full energy flow through the chakras and enlivens corresponding nerves, organ and glands. These *Rites* were developed thousands of years ago as a result of intuitive understanding of the body and how it works. Performing the Five Tibetan Rites stimulates the circulation of the “prana” (the life force) throughout the body, encouraging health in every facet of life including thoughts, feelings and physical well-being. There are many legends of Tibetan Monks who practice these simple exercises and live in good health far beyond normal life spans.

### **...about The Rishikesh Sequence**

This classical system of yoga was founded by Swami Sivananda of Rishikesh, India. The sequence, including the 12 basic asanas and the Sun Salutation, balances the bodily systems, stimulates the chakras, and aids in the flow of prana.

**... Mugs McConnell** is a Registered Certified Yoga Teacher who has been teaching yoga for more than 30 years. She is the Canadian Representative for the International Yoga Teachers' Association, and a Yoga Teacher Trainer for the South Okanagan Yoga Association. Mugs has led yoga classes at Naramata Centre Summer Programs for 18 years, skillfully integrating her Christian background with Eastern traditions.

**Cost: \$45 To Register contact Kathy,**  
**Hammond United Church, 604 465 6922**

Or For more information contact Betty 604 467 3204 PRE REGISTRATION RECOMMENDED