

# THE POWER OF PERSPECTIVE

The Supreme Technique to  
Transform Your Vision



with Heidi Groschler (Hirdaya)

April 4, 2009 9:00 am—4:30 pm

## ***The Power of Perspective***

***Within each of us is the power to deal with all of life's challenges with wisdom, grace, and clarity. This power can be accessed directly through the illuminating perspective of Self-knowledge. It can be easily applied in our own lives to create peace, happiness, and freedom from worry and helplessness.***

***Through inquiry, interactive discussion, chanting and meditation, this workshop explores techniques to transform our viewpoint from its natural sense of division to one of unity— unfolding the power and ability to translate that vision into action.***

**Please bring a Bag Lunch to enjoy from 12 noon to 1:30pm**

**Cost:** Before March 21: \$85, \$75 for past & present SOYA students— After March 21: \$95

**To register contact :** Carla Wainwright at 564-YOGA or 564-9642

### **Biography:**

*Heidi Groschler (or Hirdaya, as she is also called) has been extensively involved in teaching and practicing the transforming science of meditation and its philosophy for thirty years. She spent fifteen years studying in the Himalayas, at the International Meditation Institute (IMI), and many years living and teaching at various IMI meditation centers in Montreal, Ottawa and Vancouver.*

*Heidi's genuine love of people, keen understanding of the human mind and spirit, and clear communication abilities, make her uniquely gifted in bringing the transforming power and expanded perspective of meditation to her students, allowing each person to live their full potential.*

*An accomplished singer/songwriter, her powerful and celestial voice creates an atmosphere of ease and deep peace.*

**116-1717 Third Avenue, Prince George, BC V2L 3G7**

**250-564-YOGA (250-564-9642)**

