



ji living

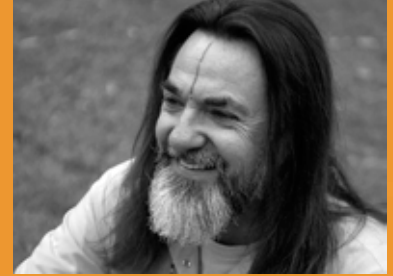
yoga philosophy beyond the mat

Yoga Philosophy Beyond the Mat

a talk by
Swami Govindananda

Swami Ji's talk 'Yoga Philosophy Beyond the Mat' picks up where the practice of physical yoga naturally leads you to - inquiry into the self, the desire to meditate, and to gain a deeper understanding of the origins of yoga from a spiritual perspective.

Swami Ji is an accomplished, charismatic speaker. An author and producer of 100s of recorded talks, he brings to us the fruit of his many years experience of living in India studying philosophy and meditation at the deepest levels. Everyone is welcome.



Talk

**Friday
18th December
5.00pm – 7.00pm**

Cost Rs.1,000

Location and Reservations:

Satsanga Retreat

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