**Yoga Discussion Group**

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**A BIG DISCUSSION GROUP WELCOME**

**Whatever time you have spent doing yoga, you know that your experience gives you so much more than a healthier body. What is that for you? Here is an opportunity to explore that question for you and to learn from others. We will use the monthly contemplation articles as a starting point for discussion. This is a great way to expand and deepen your experience. We invite you to join us in this venture of ‘more yoga’! Participation is free.**

**This month’s Discussion Group will be meeting by Conference call**

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| |  |  | | --- | --- | | **Dial-in number:** |  | | |  |  | | --- | --- | | (02) 4022 9113 |  | |

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| |  |  | | --- | --- | | **Access code:** |  | | |  |  | | --- | --- | | 474853# |  | |

**This year we are focusing on reading and discussing our monthly contemplation articles by**

**Sadguru Swami Nirmalananda Saraswati under the theme of ‘Quick Fixes’**

**Please have a copy of our current Contemplation article ready and read it prior to the call.**

**Contemplation articles are available from the *Svaroopa®* Vidya Ashram website:** [**www.svaroopa.org**](http://www.svaroopa.org)

**Namaste**