



**AZAHAR
FOUNDATION**

SMALL SECRETS TO HAPPINESS

A Jivamukti Yoga Workshop with Yogeswari to benefit AZAHAR Foundation

Sunday, Feb 6, 2-4:00 PM

Contribution: 25 GBP

Asana Focus: Backbends

Jivamukti Yoga Centre

300 Kensal Road,

London W10 5BE, UK

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What is a perfect action? It is a selfless action...

Greatest benefit comes from a Yoga practice that is offered to benefit others. Share in an afternoon of beautiful, heart-warming Vinyasa Flow to deepen your Backbends, knowing that you are helping to support AZAHAR's Yoga program for young Cambodians from disadvantaged backgrounds.

The workshop will be accompanied by World Music, Sanskrit Mantras and Hip Indian Beats, and will contain an introduction and a short movie about AZAHAR's project.

AZAHAR Foundation is an international organization that promotes cross-cultural communication and non-violent conflict resolution through Yoga and the Arts. Through its work in conflict and post-conflict settings,

AZAHAR Foundation has developed strategic approaches to effectively spread the yogic teachings of compassion and non-violence. In collaboration with its partner organization, Krama Yoga, AZAHAR's lead project presently supports Yoga programs for disadvantaged Cambodian youth.

YOGESWARI: Based at Jivamukti Yoga School in New York since 1999, Yogeswari is a popular, Advanced Certified teacher, who teaches around the world, including Jivamukti Teacher Trainings in the US and Germany. She is known for her vigorous and seamless Vinyasa sequencing and thought provoking philosophical teachings. She is the founder of AZAHAR Foundation.