

"POSITIVE LIVING" WORKSHOP

WITH PADMA

GENERAL INFORMATION

September 23^{re} and 24th, 2006
Rhythm and Motion Studio
2844 Dundas Street W., 2nd Floor, Toronto, ON

Regain the sparkle in your eyes, and enrich your world!

Don't miss this special opportunity to come and enjoy a weekend intensive with Padma. We will be exploring the positive wisdom of the Yoga Sutras of the sage Patanjali and look at the question, What is "Positive Living" and how can it be attained and lived.

You will learn how to bring this ancient wisdom into practice in your everyday life. Learning how to develop and practice skills and important philosophy from classical yoga and meditation that will enhance the positive potential in your life.

All levels welcome. This workshop is also highly recommended for yoga teachers and students.

New this Year! Free introductory evening talk on Friday evening from 7-8:30pm. (Included in the weekend fee or by donation if not registered for the weekend).

What you need to know:

- Please bring your own mats, meditation cushions and blankets.
- A photocopy workbook of the material will be provided.
- A light lunch/snack and tea will be provided.
- Padma's DVDs will also be available and signed.

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WEEKEND SCHEDULE
Tentative

FRIDAY, September 22nd

7-8:30pm "Intro to Positive Living: Why do we need a change?"
(Location: Heidi's House 233 Pacific Avenue, Toronto)

SATURDAY, September 23rd

9-10am "What is Positive Living?"
10-11:15am Yoga class
11:15-12pm "The Nature of the Mind"

Noon - 1pm Lunch

1-2:15pm "What is Negative Living?"
2:15-3pm Guided meditations for enhancing awareness
3-3:15pm Break
3:15-4pm "Obstacles to Positive Living"
4-5pm Yoga, breath work and chanting

SUNDAY, September 24th

9-10:00am Yoga
10-11:30am "How can we become more positive?"
11:30-12pm Meditation

Noon - 1pm Lunch

1-2pm "How can positivity be lived?"
2-3pm Yoga & breath work
3-4pm "The results of Positive Living"
4-4:45pm Meditation Skills
4:45-5pm Conclusions

Participants are expected to bring their own mat and blanket. Additional items such as meditation cushions, mala beads and blocks are optional.

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REGISTRATION

September 23rd and 24th, 2006
Rhythm and Motion Studio
2844 Dundas Street W., 2nd Floor, Toronto, ON

NAME _____

EMAIL _____

TELEPHONE _____

ADDRESS _____

TOTAL FEE \$ 295 before August 1st, \$320 on or after August 1st

AMOUNT PAID \$ _____ DUE \$ _____

PAID BY: CHEQUE MONEY ORDER

Please make payment payable to Heidi Clark and return completed registration and waiver forms to: 233 Pacific Avenue, Toronto, ON M6P 2P7

CANCELLATION POLICY: \$100 non-refundable and 100% non-refundable after September 1st, 2006 (we will gladly accept a replacement participant at any time).

Participants are expected to bring their own mat and blanket. Additional items such as meditation cushions, mala beads and blocks are optional.

Initial comments/questions:

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W A I V E R

I acknowledge that **Padma Yoga** has agreed to provide me with yoga and meditation classes. By agreeing to participate in these classes I agree and affirm that:

1. I am in proper physical and mental condition to participate in these classes and am aware that participation could, in some circumstances, result in injury.
2. I waive any and all claims I have or may have in the future against Padma Yoga and its directors, employees, instructors, and representatives.
3. I release Padma Yoga of liability for any personal injury or property damage, or loss to any third party, that I sustain as a result of participation in the classes due to any cause, including: active or passive negligence, lack of skill, error in judgment, breach of contract or breach of statutory duty of care by any of the owners, operators, instructors, volunteers or representatives.
4. This agreement shall be effective and binding upon my heirs, next of kin, executors, administrators assigned and representatives in the event of my incapacity.
5. This agreement shall be governed by and interpreted according to the laws of the province of British Columbia, Canada.

I have read and understood this acknowledgement and waiver prior to signing it and I am aware that by signing this agreement, I am waiving certain rights which I or my heirs, next of kin, executors or administrators may have.

Date

Printed Name

Signature