



The Secret Power of Yoga for Women

A WEEKEND WITH NISCHALA JOY DEVI

April 30 — May 1, 2016 • Garden Club of St. Petersburg

SATURDAY 8:30 AM

**YOGA FOR EMOTIONAL BALANCE
WITH GWEN HANNER & SUSAN WASSERMAN**

SUNDAY 8:30 AM

**MORNING PRACTICE
WITH WENDY O'LENIC**

SATURDAY & SUNDAY 9:30 AM—5:00 PM *(with a 1.5 hour break for lunch)*

THE SECRET POWER OF THE YOGA SUTRAS WITH NISCHALA JOY DEVI

The Yoga Sutras, considered to be one of the most revered texts of yoga, is thought to be more than 2,500 years old. These 'threads' on yoga or union, state concisely and elegantly the essential wisdom to achieving self-realization. Originally these teachings were passed on in the ancient oral traditions, intimately shared from teacher to student. Even today almost every translation of the sutras includes pages and pages of master commentary deemed useful to impart the correct teachings, methods and sacred wisdom necessary to achieve Yoga.

Nischala Joy Devi will impart her heart-centered intuitive interpretation of the Yoga Sutras from her book -The Secret Power of Yoga. Nischala Joy Devi is a divinely feminine perspective of the Yoga Sutras which offers students an opportunity to partake in the unfathomable sense of peace, emotional and spiritual enlightenment that is our birthright.

Nischala Joy Devi is a masterful teacher and healer. For many years she has been highly respected as an international advocate for her innovative way of expressing Yoga and its subtle uses for spiritual growth and complete healing. Her dynamic delivery and deep inner conviction empower each individual, allowing the teachings to expand beyond boundaries and limitations of any one tradition enabling her to touch people's hearts.

She was graced to spend over 25 years as a monastic disciple with the world renowned Yogiraj Sri Swami Satchidanandaji, receiving his direct guidance and teachings. She also was blessed with teachings from great Yoga masters in US, India and worldwide.

Originally trained in Western medicine, she began to blend western medicine with Yoga, offered her expertise in developing the yoga portion of The Dean Ornish Program for Reversing Heart Disease, and

co-founded the award-winning Commonwealth Cancer Help Program. Her book "The Healing Path of Yoga," and her Abundant WellBeing Audio Series expresses these teachings.

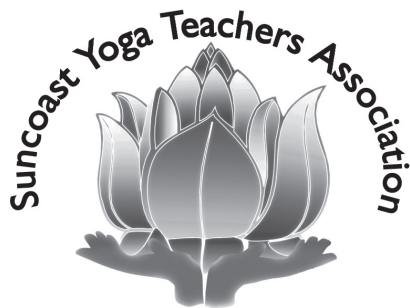
She is now dedicated to bringing the Feminine back into spirituality and the scriptures, in her book, The Secret Power of Yoga, a woman's guide to the heart and spirit of the Yoga Sutras and Secret Power of Yoga Audio book Nautilus Book Silver Award Winner 2009!

www.abundantwellbeing.com/nischala-joy-devi/



**Nischala
Joy Devi**

REGISTRATION: See reverse side or visit www.suncoastyoga.org



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Join us for a transformative weekend of ancient wisdom. Allow yourself this time to breath, relax, connect and share with other beautiful yoga women!

PAYMENTS & REGISTRATION

Entire Workshop—Regular: \$185

Saturday Only: \$100

SYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due April 1, 2016.

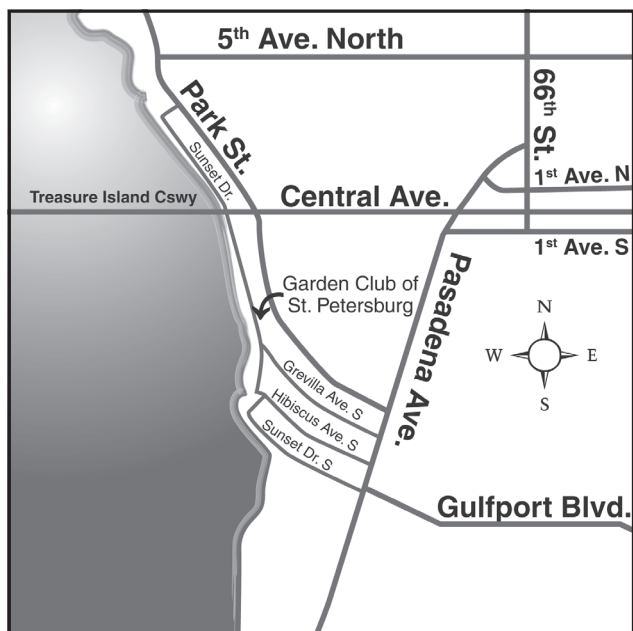
Mail Payments &
Registration To:

Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Or pay online with PayPal at
www.suncoastyoga.org

Call Susan at
(727) 347-7354
with any questions.

Garden Club of St. Petersburg
500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

There are many choices of accommodations either on Treasure Island or St. Pete Beach. Both are 5-10 minutes from the Garden Club.

SYTA/Nischala Joy Devi REGISTRATION FORM

Name

Street Address

City

State

Zip Code

Phone Number

E-Mail Address

I am signing up for:

☐

Entire Workshop

☐

Saturday Only

Enclosed is a check payable to SYTA in the amount of

\$ _____