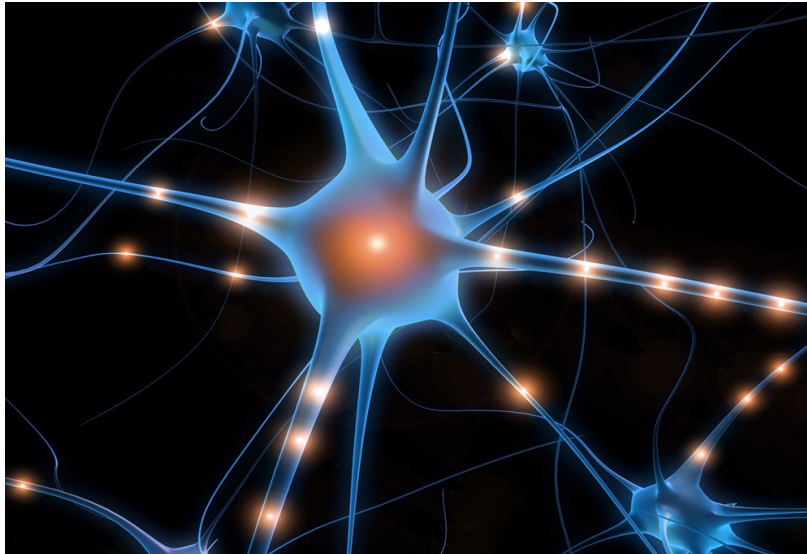


Living the Yoga Lifestyle Series #3
Samskaras & Samadhi
Sunday, July 26th, 3–4:30 PM
Cost: \$25 by 7/22, \$30 late registration



Mind over matter? In the final part of our series, we'll discuss the ramifications of our mental habits & thought patterns. Both cutting edge neuroscience & yoga philosophy are quite clear that our thoughts – in large part – determine how we feel and how we *CONTINUE to think!* Yoga calls these mental patterns *samskaras* and neuroscience explains it like this: "neurons that fire together, wire together." Go deeper into the study of your mental habits & thought patterns and learn how to change the ones that are holding you back.

All are welcome – even if you didn't attend either of the previous workshops. Come learn & enjoy! Sign-up now on the events page at

www.JeweledLotusYoga.com



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