

# Sivananda Sundays



A TRADITIONAL HATHA YOGA CLASS  
MEDITATION & SATSANG

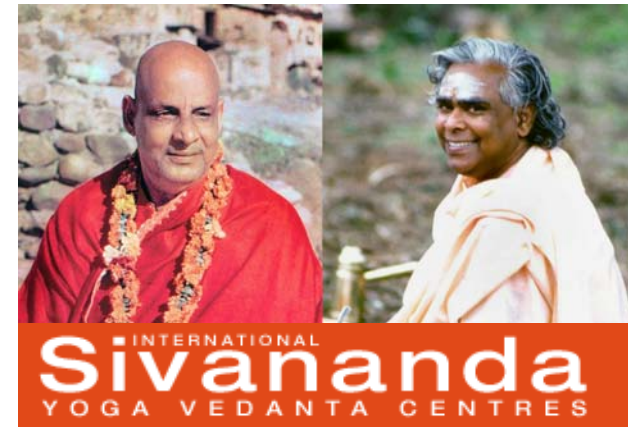
Relax & rejuvenate for your week.  
This enriching evening begins with a yoga asana class,  
followed by a silent meditation & satsang

Bring friends & family to this uplifting event.  
Join the teachers of Vancouver Sivananda Centre

***Fee by donation***  
*Suggested donation - \$10.00*

On-going Sundays commencing Feb 7<sup>th</sup> 2010  
Sponsored by the teachers of Vancouver Sivananda Centre  
& Little Mountain Yoga Studio

[sivanandavancouver@gmail.com](mailto:sivanandavancouver@gmail.com)



***Sundays***

**4:15-5:45PM *Classical Hatha Class***

**6:00-7:15PM *Meditation & Satsang***

***Sivananda***

[www.sivanandavancouver.com](http://www.sivanandavancouver.com)

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at



**little mountain yoga**

**4531 Main Street at 29<sup>th</sup> Ave  
Vancouver**