

"... cherish all living beings:
Radiating kindness over the entire world
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded"
Metta Sutta of the Buddha

Yoga for the Hilltop - Yoga Workshops on Loving Kindness for Horses

Our yoga practice brings us many benefits and relief from stress. We are also beings who share a world filled with pain, anguish and fear. Experience an opportunity to practice yoga and meditation on loving kindness to benefit yourself and all beings. Every year 1000's of horses in Canada become unwanted and neglected. Lainie Fairweather and her family make a difference in the lives of the ones they rescue. Nelson came with eye infections that required surgery, Sable has a condition in her throat, and the donkeys came with abscesses, fear, and were emaciated. All are thriving and happy now at Hilltop Haven, Little Britain, ON. The funds raised from this workshop will go directly to benefit the horses and donkeys at Hilltop. Visit Hilltop Haven Equine Rescue online at www.hilltophaven.webs.com

Date: Monday December 28th

Schedule for the day:

Kundalini Yoga for the heart centre: 9:30 – 10:45am

Hatha Yoga and Meditation for Loving Kindness: 11:-00am – 12:30pm

12:30 – Vegetarian refreshments and yogi tea

Silent Auction and gift buying too!

Location: Four Directions Yoga Studio, 131 The Queensway South, Unit 8, Keswick, ON L4P 1Z8 – email for directions info@fourdirectionsyoga.com
Or call 905 989 0392

Cost: For 1 class only: \$15.00/ For both classes: \$25.00 All funds raised will be donated to Hilltop Haven, Little Britain, ON. Please be generous, the horses need you now more than ever.

Teacher: Paola di Paolo is volunteering to teach these classes. She has been practicing hatha yoga since 1983 and teaching since 1990. She is certified through Esther Myers Yoga Studio for hatha yoga teaching and 3HO for Kundalini Yoga teaching.