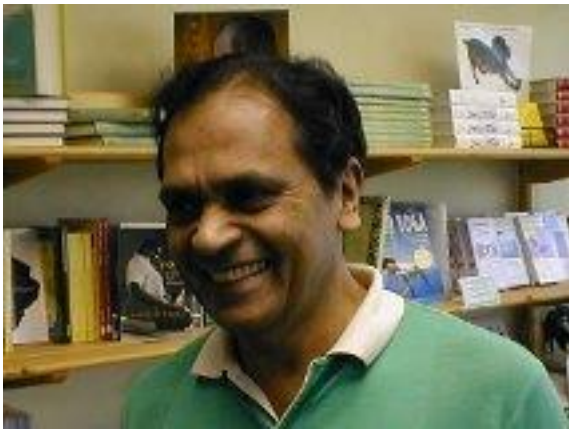


Yoga & Recovery

Interested in learning how yoga & meditation help with recovery?



Monday, October 3, 2016

7:00 pm

Bowness Seniors Centre

6422 – 35TH Ave. NW, Calgary

Cost: Donation to the Kripa Foundation

Don't miss this evening talk given by world acclaimed Fr. Joseph Pereira of India:

- Hear how the physiology of yoga practice curbs substance abuse.
- Learn how meditation as a part of the 12 steps helps achieve serenity
- Learn a few simple techniques to guide you in your daily contemplations

Fr. Joe's 62 centres worldwide achieve a staggering 58% recovery

This model is closely studied by western medical people and has been launched in many countries. During Fr. Joe's annual visit to Canada, he shares his Kripa Model with those in recovery, care givers and professionals. With land gifted by Mother Teresa 30 years ago, and along with his mentor B.K.S. Iyengar, Fr. Joe's Kripa Foundation shares an impressive legacy.



Sponsors: Simon House Recovery Centre, Bowness Seniors Centre, The Yoga Studio College of Canada and Yoga for Recovery.(Y4R)