



React or Respond?

The Art of Yogic Response

A YOGA PHILOSOPHY WORKSHOP

“

We may not be able to control what arises, but we can cultivate awareness of what happens next.

Yoga invites us to create space between stimulus and response, and to choose our response with awareness.

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SATURDAY

26 SEPTEMBER

1:00 PM

DARWIN STUDIO
with Ryoko

75 MINUTES

- Yoga Philosophy Talk
- Reflection
- Discussion
- Breath Awareness
- Gentle Movement

SCAN QR TO BOOK



This workshop is for you if you...

- Want to manage everyday stress
- Want to understand your patterns
- Want to develop emotional awareness
- Want to deepen your yoga practice
- Want more calm & clarity in daily life

ALL LEVELS WELCOME.

Let's create space. Let's choose how we respond.

Limited spots | \$35 Drop-In | Members Discount Applies