

We are Arjuna!

The Bhagavad Gita Responds to our Contemporary Lives

29 - 31 May 2015

YogaRaum – Münsingen BE



with **Nikki Costello**



and **Bill Mahony**

This weekend, Bill will lead us in contemplating and discussing teachings from the *Bhagavad Gita*, this "Song of the Beloved One," that can give us guidance and support in refining an embracing yoga of action, knowledge and love in the context of the challenges and opportunities of life. Nikki will lead us in asana and related practices in her artful way that can help us integrate sublime spiritual teachings with our physical practice.

You are warmly invited to join us for this weekend of illuminating yogic study and celebration of life.

Teachings we will contemplate and integrate into our practice will include:

- * Be yourself, your true Self.
- * Express your inner freedom in honoring your dharma.
- * Seek knowledge and turn toward wisdom.
- * Remember beauty.
- * Act out of love, knowing that you are loved.

Nikki Costello is a certified Iyengar yoga teacher. She has been teaching yoga for 20 years. For 8 years, she taught exclusively for the SYDA Foundation, as a hatha yoga and meditation teacher. As part of the organization she taught hatha yoga in retreats and events in North and South America, Europe, India and China. She is based in New York City and continues to lead retreats and workshops all over the world. Nikki is passionate about sharing her study and practice of yoga. She has created several unique educational opportunities for yoga students which include: *The Teachers Practice*, *The Mentor Practice*, *The Sutra Practice* and *The Enrichment Practice*. www.nikkicostello.com

William K. Mahony, PhD, is known in the international yoga community for his informed, warm and accessible teaching that helps participants in retreats and workshops understand and apply yoga philosophy to their larger lives. Bill has written numerous books on the religions of India and has a deep understanding for the yogic life grounded in over four decades of his own spiritual practice. He is a Professor of Religion in the United States. For more information, see his website, www.wkmahony.com

Yoga practice with Nikki	Friday evening	18.00 - 20.00	
Yoga practice and Satsang with Nikki and Bill	Saturday	9.00 - 17.00	
	Sunday	9.00 - 16.00 (with lunch breaks)	
Cost in CHF	Friday session:	50.-	
	All sessions:	290.-	Sat only: 150.-
	Sat and Sun:	260.-	Sun only: 130.-

Venue: YogaRaum at Gerbegraben 4 in Münsingen/ Bern

You can sign up at: tubakiyoga@gmail.com