



Tejaswini

A woman bearing the nectar of spirituality and empowerment

An Indo Canadian Women's Organization

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**Invites you
For
YOGA DANCE WORK SHOP
By
Kasturi Mishra.**

Kasturi Mishra will be introducing **Kathak Yoga**. This form of **Yoga** is innovative, but deeply rooted in Kathak Traditions. It is based on the fundamental yogic concept of integrating the mind, soul and body.

During this workshop, you will have the opportunity to participate and try-out few steps of the dance form and enhance your knowledge about a few important elements of Kathak

Kasturi Mishra, will demonstrate a number of aspects of Kathak Yoga which not only focuses on the dance, but also on physicality mentality and spirituality embodied within this art form. She will guide the participants to understand those three elements, and how they are done at the same time.

- **Date:** May 15th Sunday
- **Time:** 2 to 4 P.M.
- **Venue:** 1480 Heron Road Community center, Heron Road
- **Entrance fee:** Please bring non perishable food item (s) for food bank.
- **If you wish to share healthy snacks with members, you can bring the same for 5 people.**
- **Please wear loose clothes appropriate for Yoga Dance.**
- **We will appreciate if you can register your name for the session before 10th May. It will help us to organize the space.**
- **Members and non members are invited. There is no age limit to participate.**
- **Please go on our web site to know more about Kasturi Mishra.**

www.tejaswiniottawa.com