

# Simple Body, Mind and Spirit Practices for a Happy and Meaningful Life

Workshop with Marilyn Knight-Mendelson, Sonoma Ashram yoga teacher and initiate of Babaji



In a recent satsang, Babaji described effective practices to nurture the body, mind, and spirit. In this workshop, we will explore these body and mind practices that can be easily incorporated into our daily lives. These daily practices uplift us and elevate the spirit.

- For the Body: We will address and practice the ashram's "Ten Steps to a Healthy Daily Routine." This will include a simple but comprehensive daily yoga practice for students at all levels.
- For the Mind: We will practice some essential breathing techniques to prepare for meditation. We will then follow the Ashram's teachings on how to establish a sustainable daily meditation practice.

**Saturday, February 2 from 9:30 to 12:30**

*Option of vegetarian lunch to follow*

*suggested donation \$35  
with vegetarian lunch following \$50*

*Your donation supports our programs for boys and girls in Varanasi, India.*

For more information, please email Marilyn at [marilynkm@gmail.com](mailto:marilynkm@gmail.com)