

Wellsford Forest Retreats presents
A Day of Dru Yoga
 With Kalikamurti Suich

DRU YOGA is practiced in a gentle flowing style and assists you to release your creativity, to express your loving heart, to enhance your connection with the earth and to direct this energy for the benefit to the whole world. The word Dru means still point and the aim of Dru Yoga is to assist you to find the still point inside while in motion in your daily life. Physically the body is held gently, there are no locked joints and you are inspired to reach the highest potential of each movement in the gentlest way possible. People new to Dru yoga are often surprised by how much can be achieved through gentleness and fun.



Kalikamurti was born in Sydney, and moved to Melbourne with her parents at primary school age. She has been living in Alice Springs since 1993. It is now over 30 years since Kalikamurti was introduced to yoga. Luckily for her it has become an integral part of her life. Over the years she has practiced Gita Yoga, Hatha Yoga and Iyengar Yoga. In the early 90's she trained as a Satyananda Yoga Teacher and in 2005 finished a four and half year diploma course in Dru Yoga Teaching.

Kalikamurti is a Sanyasin in the Satyananda tradition, meaning that she has dedicated her life to spiritual growth and to be of benefit and service to the enhancement of life wherever possible.

Date	Saturday 10 April 2010	
Time	9.00am – 4.00pm	
Venue	Wellsford Forest Retreat 73 Ellesmere Rd, Wellsford Forest Via Huntly	
Cost	\$110 full / \$100 concession (inc morning tea & vegetarian lunch)	
Optional (free)	4.30pm – 5.00pm	Bhakti yoga – yoga of devotional chanting or Kirtan
	5.00pm – 6.00pm	Havan – fire purification ceremony in the Satyananda yoga tradition
Register	Online at www.beyondbreathingspace.com by 31 March 2010	
More info?	Shilamurti / Cheryl Floyd 03 5448 3448 wellsford@hotmail.net.au	
Stay?	Accommodation choices at http://www.bendigotourism.com.au 1800 813 153	

