

# Tibetan Heart Yoga

A charity Yoga Class with Michael Johnson and Mary Farrell to raise money for Pajama Angels and the scholarship fund for the upcoming Tibetan Heart Yoga Teacher Training.

## Namaste Yoga Centre

1614 Lesperance Rd, Tecumseh

Friday August 22<sup>nd</sup> 5:30-7:30

As yoga practitioners we are dedicated to helping all beings find optimal health, peace of mind, and quality of living so that we can reach enlightenment. To fight the causes of disease, we support the causes of health by empowering individuals to investigate, research, and experience a compassionate diet, regular exercise, daily yoga practice, meditation, and finding ways to joyfully help and serve others. Come join us for an evening practice of peace, yoga, and fun! All levels are welcome, no prior experience with yoga required.

Loving donations accepted. Suggested Donation \$25

All donations to benefit

Pajama Angels Yoga 4 Hope [www.PajamaAngels.org](http://www.PajamaAngels.org)  
and the Tibetan Heart Yoga Scholarship Fund [www.yogastudiesinstitute.org](http://www.yogastudiesinstitute.org)



According to studies, cancer survivors who practiced Tibetan Heart Yoga recovered with longer periods of sleep at night.



Michael Johnson lives and teaches in downtown Rochester, MI. He has lived and studied with Sri Swami Satchidananda, traveled to India to study with Sri K. Pattabhi Jois, completed the one-month Jivamukti Yoga Teacher Training with Sharon Gannon and David Life, and travels internationally to study with Geshe Michael Roach and Christie McNally. He is dedicated to preserving the essence of yoga as a fast-acting method for evolving into an enlightened being, where we are capable of helping countless others end their suffering and

achieve sustainable peace, freedom and happiness.

Pre-registration is recommended. Space is limited. Please call 519-979-5551