

A P R I L 3 , 2 0 1 5

Yoga & Myth

Yoga Class with
Rama Jyoti Vernon



Sacred Geometry
at SomaSpace
4050 NE Broadway St.

For the first time the essence of Rama Jyoti's teachings, which evolved from decades of studies with great masters, are available. Practice sacred geometry as it described in her new book that includes more than 200 pages of photos and instructions, with myths and therapeutic benefits associated with the asanas, and much more.

First Friday, April 3rd
from 1-4pm

Acclaimed Yoga teacher and international peace mediator, Rama Jyoti Vernon will teach a yoga class and lead a discussion on themes from her recently published book, "Yoga: The Practice of Myth and Sacred Geometry" (Lotus Press). Rama's presence illuminates her surroundings. Her words are an inspiration to all who hear them. **Cost \$40.**

Yoga: The Practice of Myth and Sacred Geometry

Peace of Mind

Yoga improves health and creates peace of mind. Learn about yoga postures (asana).

Register Now

To register, call:
Ann, 503-890-2105
or email: **ann@lighthouseayurveda.com**

About Rama

Rama welcomed many swamis and gurus from India in the early day of yoga in the U.S.

