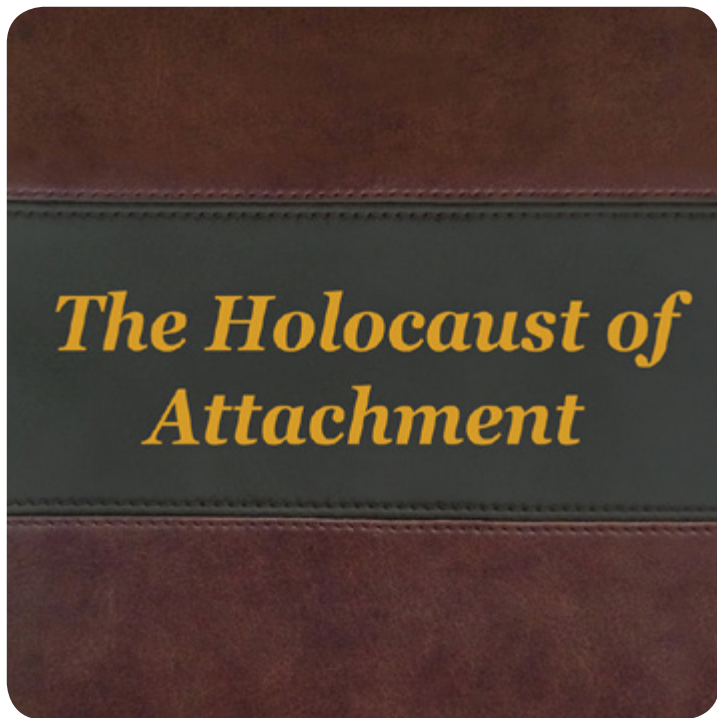


YOGA FOR YOUR INTELLECT

Maturity • Empathy • Self-reliance

Sunday 27th August: Ch. 4, Attachment vs. Detachment



Attachment is emotional dependency on the world.

And yet because we fail to discern the difference between attachment and detachment we chase restriction, and shun freedom.

Understand how attachment and detachment function at the different levels of life.

Sundays 10:00-11:00am

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