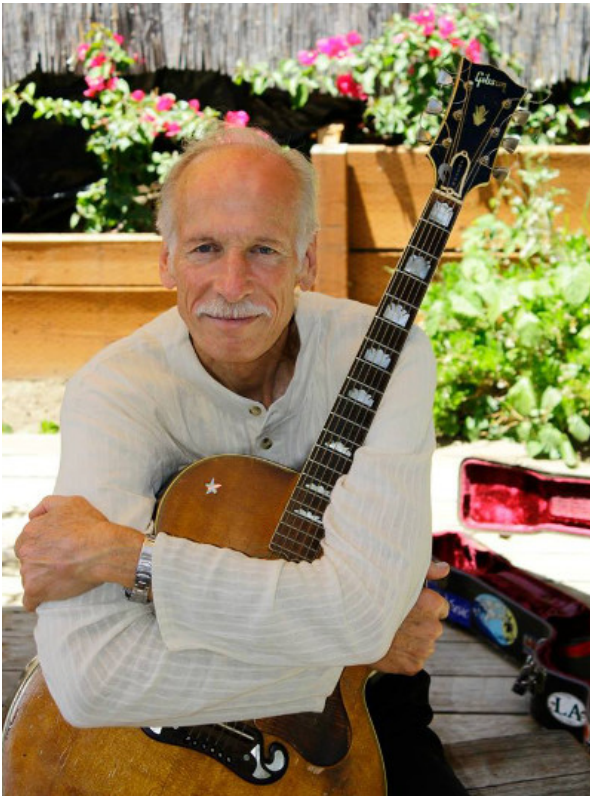


The Yoga of Transformation

SATURDAY FEBRUARY 24 • 2_{PM}

Workshop • Pot-luck Dinner • Concert



Join in music, poetry, storytelling and improvisational participatory play. **Explore** yogic techniques, movement and practice. **Cultivate** spontaneity, creativity, vitality and balance.

- Please bring paper, colored pencils/pens, any accoutrements of art
- Wear comfortable clothing
- Be prepared to play, improvise and stretch in unique and innovative ways

*Yoga is a great path to follow in making
the transition from conflict & strife to
Peace & wholeness*

Stephen Longfellow Fiske is a long time Yoga practitioner, teacher, performer, and lecturer. He is a senior disciple of Sri Swami Satchidananda, and a longtime friend of Sivananda Yoga, having known Swami VishnuDevananada since the early 1970s. Stephen has been a musician & presenter at Sivananda Centers and Ashrams throughout the US and overseas. As a musician, Stephen, has recorded 11 albums of his music and has authored 'The Art of Peace' (New Paradigm Books). He is also an Interfaith Minister and Executive Director of The Unity and- Diversity World Council and Founder and Executive Producer of The Jerusalem Prayer Project, a multimedia production company based in Los Angeles. His most recent creative project is a music video tribute to Martin Luther King, "We Carry the Dream".

Sivananda Yoga Vedanta Center
310-822-9642 | sivanandala.org
13325 Beach Avenue, Marina Del Rey, CA

