

Exploring the Nature of Tranquility



Does tranquility come to us naturally, or could a calm state be created intentionally?

Under the guidance of experienced Iyengar yoga teacher Louie Ettling, we will explore the role our yoga practice can play in developing a peaceful inner landscape.

Join us for this ten hour workshop at the OpenHeartMind (OHM) Centre in Merville, BC.



Friday, May 3
5PM—7PM

Saturday, May 4
9AM—12PM & 2PM—5PM

Sunday, May 5
9AM—11AM

\$275 per person

OpenHeartMind Centre, Williams Beach Road, Merville, BC

OpenHeartMind.ca/rent-ohm

The workshop is limited to 15 people, each with individual permission from Louie to participate.

The cost for the weekend is \$275 per person. Payment in full via e-transfer is required to complete your registration.

A full refund, minus a \$50 administration fee, will be possible only if a

replacement Louie deems appropriate is found.

Attendees will be required to make their own arrangements for accommodations and meals. Downtown Courtenay is about 20 minutes away from the yoga venue.

Please book your accommodation as soon as possible.

To register and for any questions, please email louie.j.ettling@gmail.com

 Register Now