



YOGA



LIMITED
SPACES AVAILABLE
BOOK NOW!

WITH CAT ALIP-DOUGLAS & PHIL DOUGLAS (UK)

WORKSHOP

OPEN CLASS

24 & 25 | 27 & 28 FEB 2018

AT THE ORCHARDS, NISEKO

THE FOUR CONTEMPLATIONS

The facts of life: we all suffer from forgetfulness or forgetting our "full-ness". a tibetan buddhist teaching suggests contemplating the four reminders to prompt us to pay attention, to become an awakened being (sangyé). lucky for most of us, the yoga practice provides an opportunity and the space to explore these simple yet profound but often forgotten fundamental truths. the workshops will cover the four reminders and the importance of awareness.

- precious human existence
- impermanence
- karma (cause and effect)
- samsara (cyclical suffering)

www.sangyeyoga.com / www.catalipdouglas.com

SCHEDULE

WORKSHOP

SAT (土), 24 FEB

(LECTURE/MEDITATION 4:30-5:30, ASANA 6:00 - 7:30)

SUN (日), 25 FEB

(LECTURE/MEDITATION 4:30-5:30, ASANA 6:00 - 7:30)

LECTURE/MEDITATION JPY 2,000/SESSION, ASANA JPY4,000/SESSION
(OR BOTH LECTURE/MEDITATION & ASANA PRACTICE JPY 5500)

OPEN CLASS

TUES (火), 27 FEB

11:30 - 12:30 (60 MINS) JPY 2,000

WED (水), 28 FEB

CLASS 18:30 - 19:45 (75 MINS) JPY 3,000

BOOKINGS + ENQUIRES

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