

Yoga Sutra Intensive

Success On and Off the Mat

With Special Guest **Geshe Michael Roach**

Saturday, August 28th • 1:00p - 4:00p \$35*

Many of us who love yoga feel like we could take it deeper, to help with the emotional and spiritual side of our lives. The Yoga Sutra, the oldest book in the world about yoga, does teach us how to do this—but it also contains techniques for succeeding not just in yoga but in every aspect of our lives: our job, our relationship, our health.

This special Yoga Sutra Intensive will be taught by Geshe Michael Roach, who is the first foreigner in 600 years to be awarded the geshe, or Master of Sacred Learning, from one of Tibet's largest monasteries, after more than 20 years of study. We'll be learning from his new translation (published by Doubleday/Random House) and commentary to the Sutra.

He will show us how we can use the wisdom of the Yoga Sutra to achieve success in every part of our lives—he used it himself to help build a \$250 million diamond company (which was just purchased by superinvestor Warren Buffett), to support Tibetan refugees. We can use this same key to take our physical yoga practice to a new level, to forge a successful relationship, and even help create a world which is free of hunger and war.

Come and find out how.

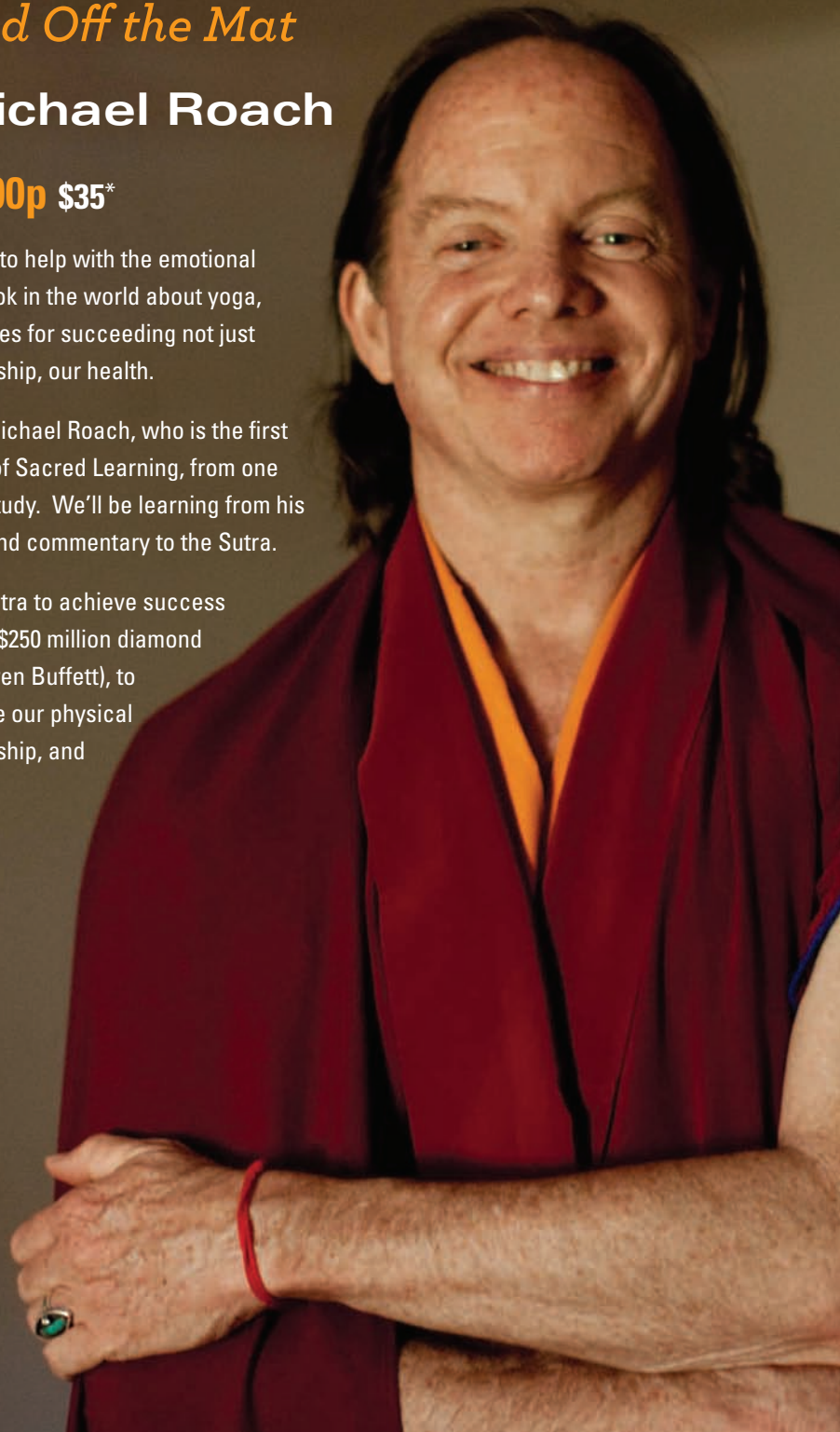


an eclectic mix of hatha yoga™

Black Dog Yoga 4454 Van Nuys Blvd. Ste 206, Sherman Oaks, CA 91403. Detailed directions can be found at our website. Abundant long-term and free parking.

blackdogyoga.com

Call 818.380.0331



Geshe Michael Roach (born December 17, 1952) is the first American to have been awarded the degree of Geshe, or Master of Buddhism, after more than 20 years of study in Tibetan monasteries. He has used this training to become a prominent international teacher, businessman, philanthropist, author, educator, public speaker, textual scholar, and musician. Geshe Michael graduated with honors from Princeton University and has received the Presidential Scholar Medal from the President of the United States at the White House. In 1981 he helped found Andin International Diamond Corporation and bring it to annual sales of over \$100 million, donating his profits to international aid projects. His book about achieving business and personal success through generosity, *The Diamond Cutter*, has become a global bestseller in 20 languages. He is a founder of the Asian Classics Institute, Diamond Mountain University, the Asian Classics Input Project, Worldview, the Yoga Studies Institute, Star in the East, Global Family Refugee Aid, Three Jewels Community Outreach Centers, and the Diamond Cutter Institute.

*You must pre-register with payment in order to secure a place in this workshop. Major credit cards accepted. Payment is non-refundable after August 21st.