

NOVEMBER 2023

YOGA HAVEN

November Happenings at the Haven



Celebrating New Beginnings

Welcome! We are delighted that you have joined a community of people seeking a happy, healthy lifestyle. Yoga Haven opened its doors on August 1st in the heat of a Florida summer and a breath of fresh air swept across Winter Haven, bringing people together in their pursuit of health and wellbeing. Our instructors are dedicated to helping everyone blossom into their full potential.

Why?

- + We Care About You!
- + We intend to help everyone to feel good physically, emotionally and spiritually.
- + We believe in the subtle magic of Yoga that gently brings positive transformation and peace.
- + We know in our hearts that this ancient way of healthy living is profoundly modern and useful to all regardless of age, gender, experience level or belief system.

Thank you for joining us in this new beginning.
You Belong Here!

SPECIAL EVENTS

**NOVEMBER 1ST, 7-8 PM
TALK FROM SPIRITUAL LEADER
SWAMI BODHANANDA**

**NOVEMBER 4TH, 3-4:30 PM
AYURVEDIC WORKSHOP
WITH PRIMA BURNEY**

**NOVEMBER 5TH, 5-6 PM
YOGA SOUND BATH
WITH SHANNON POTTER**

**NOVEMBER 11TH & 18TH, 3-5 PM
CHAKRA EMPOWERMENT
WITH BUFFY LA ROUX**

**NOVEMBER 12TH, 2-5 PM
YOGA HAVEN
OPEN HOUSE PARTY!**

A Talk By A Spiritual Leader Swami Bodhananda Sarasvati

Hear words of wisdom from a Swami based on the best of both Eastern and Western traditions. Swami Bodhananda Sarasvati sees the world as one family and that all paths lead to the same Truth. In this special talk on the Secret of Happiness, Swamiji explains that true happiness is always found within. Our temporary, fleeting happiness is often due to a reason (new clothing, good food), but the subtle truth is that we can be happy even without a reason. Swamiji says that *"Your very nature is happiness. When the sun shines, it is not due to any reason. It is its nature."* In the same way, it is your nature to be happy even without a reason. Each of us has the ability to choose our response to any situation; therefore, lasting happiness is ours for the taking, if only we choose it. Join us for a very memorable evening of insight into finding your inner peace.

The Secret of Happiness. Yoga Haven. November 1st at 7pm.
Free or optional donation of \$10.



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MESSAGE FROM KATHRYN

As owner of Yoga Haven, I take profound pleasure in bringing the authentic science of Yoga to this community. This ancient yet modern philosophy on living well provides the path to inner peace. Through the full complement of Yogic practices we can become deeply acquainted with the inner peace existing in us all.

Love to All, Kathryn