

AN INTENSIVE LIFE CAMP WITH **KEN MCLEOD & HART LAZER**, INTENDED TO
ENCOURAGE THE DEVELOPMENT OF SKILLS AND CAPACITIES FOR DAILY LIVING

embodied practice *embodied presence*

JUNE 25 – 27, 2010

STUDIOS LYNE ST-ROCH (MONTREAL)

\$446.25 (GST INCLUDED)

What leads you to practice? What role does it have in your life? What touches you? What questions do you have of life? This weekend is an opportunity to remember what you already are and already do — an occasion to reconnect to your meditation and yoga practice and to uncover what leads you to engage practice at all. Explore how meditation and yoga work together, and lay a foundation for the integration of both practices.

For more information, contact
Kristin Honey at 519-826-0620 or
info@kristinhoneyyoga.com.

kristin
honey *Yoga*



KEN MCLEOD



HART LAZER

ABOUT THE PRESENTERS

Ken McLeod began his studies in 1970 with the Tibetan meditation master, The Ven. Kalu Rinpoche. After receiving training in the Kagyu, Shangpa, and Nyingma traditions of Buddhism in Tibet, he was authorized by Kalu Rinpoche to teach and guide others in their practice. A translator and author, Ken established Unfettered Mind in 1990 and is the Executive Director.

Hart Lazer has been teaching yoga for over 25 years, and received the depths of his training principally from Iyengar Yoga teacher Ramanand Patel. In the past few years Hart has broadened his practice to include Ashtanga Yoga, Buddhist study and meditation. The integration of these practices with his knowledge of Iyengar Yoga alignment is fully felt and reflected in his practice and his teaching.