



Philosophy Class

Heroes on the Yogi's Journey

Presented by Andrew Mournehis

Throughout history, for thousands of years, Yogic texts have given us shining examples of heroic life – how to succeed, how to overcome challenges, how to be the best yogi and person we can be. Together we'll explore the Upanishads, the Bhagavad Gita and Hindu mythology to look at some of the most revered and idolised heroes, what they have to teach us, and how we can embody their most divine teachings. This will be our introductory class where we will cover a broad view of historical heroes worth exploring.

FRI 2 FEB

6.30 – 8.30PM

\$40 MEMBER

\$45 NON MEMBER

UpDog
YOGA