



Philosophy Class

Heroic figures of the Ramayana

Presented by Andrew Mournehis

The Ramayana follows Prince Rama's quest to rescue his beloved wife Sita from the clutches of Ravana with the help of an army of monkeys. There is much for a modern yogi to learn from the adventures of the wise and resourceful monkey Hanuman as he overcomes the most harrowing of obstacles and reaches his highest potential through a love for service.

FRI 9 MARCH

6.30 – 8.30PM

\$40 MEMBER

\$45 NON MEMBER

UpDog
YOGA