

# natural awakenings

HEALTHY LIVING

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## NEWSbriefs...

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### **Yoga Master Offers Free Public Program in Huntsville**

The pace of modern life creates fewer hours but a greater need to find a measure of meaning and inner growth in today's hectic world. The thirst for that which lies beyond the material is almost overwhelming in the world today, as evidenced in the vast increase of participants in yoga, meditation, and holistic lifestyle choices. Area citizens have the opportunity to hear Indian Yoga Master, Sadhguru Jaggi Vasudev, explain how to better cope with the pressures of living in modern society, and lead more meaningful, healthy and joyful lives during a free 3-hour seminar entitled, "Encounter The Enlightened," Sunday, February 10, 2002, from 6-9 pm, at the Center for Conscious Living, 308 Lilly Flag Road, Huntsville.



Sadhguru Vasudev says, "People try to create outwardly perfect lives, but the quality of life is based on the inward. The simple yoga techniques offered in this seminar require no physical agility or previous yoga training. His program is simple and easy for everyone to follow, and does not require a change in life style or beliefs, and has nothing to do with religion or psychological exercises. For more information on Sadhguru Jaggi Vasudev's seminar, call 256-883-8596 or visit [www.ishafoundation.org](http://www.ishafoundation.org).