

# DISCOVER YOUR SANKALPA



Sankalpa is More than a Resolution or an Affirmation  
A Sankalpa will help Manifest your Heart's Desire,  
Your Life's Path, and Your Highest Dharma!

Enjoy a Day of Deep Relaxation and Self-Discovery  
Learn Techniques to Discover your Deepest Calling,  
Put them into Practice, and  
Set Your Trajectory towards A Goal

## Saturday Feb. 27th



## 11- 4:00pm



Diana Wilson has been instructing Yoga classes for twenty-six years primarily in Michigan.  
Certified in Integrative Yoga Therapy, she has studied with many esteemed teachers in various traditions.  
She is a student of and is inspired by Swami Bodhananda Saraswati founder of Sambodh Center for Human Excellence.  
She is passionate about helping others live a healthy, happy & balanced life through discovering the principles of Yoga.

**Light Vegetarian Lunch Included**  
*(please inform Diana of any food allergies or restrictions)*

**Suggested Donation \$35.00**

**Please register by Jan. 30th as classes fill quickly!**

To Register by email [prasadyoga@aol.com](mailto:prasadyoga@aol.com) or phone Diana at [269.758.3355](tel:269.758.3355)

VENUE: Sambodh Center for Human Excellence.  
6363 N. 24th St., Kalamazoo, MI 49004. (269) 492-0544.