

20 October · 16:00–17:00

# Yoga

## Balance, attention and ethical living

An accessible embodied practice exploring the attention and dharma as a way of life.

### Workshop leader

Ameya

#### What to expect

Gentle guided practice and reflection on how embodied awareness can support ethical and responsible living.

#### Practical

Open to different experience levels. Wear comfortable clothing; further practical details follow after registration.

Yoga

Embodiment

Balance

Living Dharma

**Join this workshop**

[Register in English](#)

