

Harmony Yoga presents

A Mystical and Healing Weekend with
noted Spiritual Teacher, Musician and Yogi

Russill Paul

Featuring: The Yoga of Sound, an energy based yoga from the non-dualistic Tantric tradition.

Come join us in **St. Sauveur-des-Monts**, a renowned natural resource and resort area located on the sacred grounds of one of the oldest mountain ranges in the world, for a weekend of attuning yourself to the therapeutic vibrations of Mantras, Music and Meditation.

The Yoga of Sound taps into the hidden power of the sonic dimension of Yoga, prepares our chakras for the flow and balancing of powerful yogic energies, infuses a communion with our own inner sound and voice, and opens the gateways to a silent mind and a joyful heart.

As Dr. Larry Dossey M.D. states: "Russill Paul is a master guide in this domain. His work is clear evidence that music is much too powerful to be used as mere entertainment."

Through his superb musicianship, teaching and profound spiritual consciousness, you will be expertly lead to explore the mystical heights, depths and expansiveness of your inner landscape.



FRI, OCT 1: Evening: Kirtan Concert

SAT, OCT 2: All Day: Workshop Retreat

SAT OCT 2: Candlelight Chanting
And Music

SUN, OCT 3: Morning Nature Walk

SUN, OCT 3: Afternoon: Yoga of Sound
and Yogic Mystery School Satsang.

For Accommodations:
www.laurentians.com

Hosting Organization:
www.harmonieyoga.com

The Presenter:
www.russillpaul.com

Questions please contact:
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Don't miss this ecstatic, autumn-colored mountain weekend at

St. Francis of the Birds Anglican Church and Memorial Center