



AN EVENING WITH
ARTHUR KILMURRAY
THE EMBRYOLOGICAL
ORIGINS OF YOGA

OCTOBER 15 MONDAY 6-8:30 PM

THE YOGA CENTER

449 FOREST AVE PLAZA, PORTLAND
774-YOGA (9642) WWW.MAINEYOGA.COM
\$50- PLEASE REGISTER EARLY- SPACE IS LIMITED

**EXPLORE HOW SPACE AND MOVEMENT GIVE BIRTH TO FORM
THROUGH BREATHING AND YOGA POSES, AND HOW RETURNING
TO A NEWLY EMBODIED SPACE AWAKENS PURE AWARENESS.**

ARTHUR KILMURRAY IS ONE OF THE MOST INNOVATIVE AND UNIQUE YOGA INSTRUCTORS IN THE US. HIS CLASSES ARE EXPLORATIONS IN SOMATIC AND SELF ENQUIRY THAT USE MEDITATION AND YOGA POSTURES AS ENTRY POINTS FOR AWAKENING TO THE TIMELESS FLOW OF ALIVENESS. ARTHUR'S CLASSES ARE SEEDED WITH PEARLS OF WISDOM FROM THE WORLDS OF ANATOMY AND PHYSIOLOGY, NEUROSCIENCE AND COSMOLOGY, THE YOGA SUTRAS, VEDANTA AND BUDDHIST PRACTICES AND THE NATURAL WORLD IN ALL HER GLORY AND WONDER.