

# Yoga of the Bhagavad Gita

Comittment without Attachment



**A Non-Residential Retreat in Malvern  
Monday 18th - Friday 22nd August**

A Sadhana Mala Event

[www.sadhanamala.com](http://www.sadhanamala.com)

# Yoga of the Bhagavad Gita

10am Mon 18 - 4pm Fri 22 August

A 5 day non-residential retreat exploring themes from the Bhagavad Gita and some of the symbolism of the Mahabharata. The Bhagavad Gita is one of the most beloved sacred texts of India and a key source for the teachings of Yoga. The practices on the retreat will explore the theme of effortless being.

This is a good reminder for teachers of this topic from your training and a good introduction to the Gita if you are new to it. Come and get inspired! Few people are untouched by the enduring message of skilful selfless action as presented in the Bhagavad Gita.

The cost of the retreat is £275 non-residential. This retreat will be led by Dave Charlton and Ranju Roy in Malvern. A list of local accommodation options will be provided as required. We will ask you to bring a contribution for shared lunches.

To reserve a place please send a £100 non-returnable deposit to Sadhana Mala, Haywain Cottage, Priestfields, Hanley Castle, Worcester, WR8 0AH.

For further details call Ranju on 01823 275766



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