

A Meditation & Yoga Course  
at the Dharma Centre Of Canada

# The Missing Peace

Join Terry Hagan  
and Tracy Sheridan

June 30<sup>th</sup>  
to July 4<sup>th</sup>

During our hectic lives we often unable to slow down and take the time to find peace within. Yoga can help us gently reconnect . When combined with meditation one is skillfully directed to greater awareness and the ability to be present without judgment, worry or expectations.

- Liberate the flow of your energy, allowing joy, focus and ease to be more available.
- Deepen your capacity to listen, reflect and skillfully respond.
- Transform negative states.
- Wake up the body, breath and mind

Tracy Sheridan is a certified Hatha Yoga Instructor since 1983 and teaches from the traditions of Kripalu, Iyengar, Anusara, and Ashtanga Yoga. Tracy's training in dance and movement therapy greatly informs her teaching and her understanding of the moving body.

Terry Hagan has over 30 years of experience in Buddha Dharma and was the personal assistant of the late Venerable Namgyal Rinpoche for over a quarter of century. Terry uses his wide range of experience and his love of nature to create a direct accessible approach to meditation.

Registration 5:00pm - Wednesday, June 30th

Depart at 4:00pm - Sunday, July 4th

Members \$300 - Non-members \$360

Rates include all food and accommodation

Teachers are supported by your donations



Since 1966

**DHARMA CENTRE**  
of Canada

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