

Sustainable Spiritual Practices

from Indigenous Communities



Sat Siri was raised in a household visited by traditional indigenous healers who imbued in her the respect of these sacred traditions. Her experience dealing with international business people, world diplomats, heads of state, renowned artists, celebrities and politicians gives her a unique perspective on various cultures and customs.

As part of Sat Siri's respect for Mother Earth, she is a certified Permaculture Designer. Sat Siri also practices and teaches yoga.

Sunday, February 20

2:00–5:00pm

Sat Siri Kaur will lead us in a council circle, followed by an exploration of spiritual teachings about sustainability which she learned from the local, maritime Chumash Nation.

*Before me peaceful
Behind me peaceful
Under me peaceful
Over me peaceful
All around me peaceful*

– excerpt from Navajo Horse Song

\$20 MEMBERS / \$30 NON-MEMBERS

www.sivananda.org/la

Sivananda yoga

VEDANTA CENTER

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