

Register Online www.SacredSpaceRockville.com or Call 301.231.0022



bhakti yoga sadhana
deepen your
devotional practice

with **GREG MARZULLO**
march 6, 1-3 pm

Take your yoga off the mat and into your daily life by developing a daily devotional practice, a personal sadhana. People often believe this is impossible because of time constraints or lack of knowledge, but by the end of this workshop, you'll have your own practice that fits in with your needs and schedule. We'll explore various techniques from journaling to asana and mini-ritual as ways of grounding your daily life in bhakti, devotional love. Energize your yoga and take it on the road!

\$30 register by 2/27 | \$35 register after 2/27



About Your Facilitator, Greg Marzullo

Trained as an actor and dancer, Greg Marzullo was first introduced to yoga at a theater summer camp in sixth grade. After the rigors of a dance and movement theater career, during which he helped to found the Helen Hayes award-winning Synetic Theater, he rededicated himself to yoga as a way to begin bringing his body back into balance. Developing a regular practice quickly evolved into asana becoming a spiritual gateway to walking a more peaceful, compassionate, and loving road – something he hopes to share with everyone he meets in all situations. Greg views his role as one of deep service to yogis of all backgrounds.

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