

# THE ADAPTATION OF ASANA

A LECTURE WITH SUNDERNATH

OCT 3, 2017

5 - 7:30pm



REGISTER AT: 514.813.2660 | [INFO@HATHAYOGASHALA.COM](mailto:INFO@HATHAYOGASHALA.COM)

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\$110 (preregistration required)

(\$90 paid before Aug 31)



Sundernath (Shandor Remete) is the founder of Shadow Yoga and Nata Yoga. He has been practicing Hatha Yoga since the age of six. His research background also includes the study of martial arts, Ayurvedic and Siddha systems of medicine and the application of Varma Kalai (Marma Sthana). Zhander has been travelling and teaching yoga internationally for over three decades.

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