

Impact of yoga on our future



Obstacles – preconceptions wrong perception



brutalisation



True meaning of yoga?



Sat-chid-ananda



Spirituality..



Meta vision of yoga



3 gurus



Communion, radical self care



Persona...



No longer defined by their bodies



connection



connection



conclusion

- Teachers are leaders, 3rd guru
- Yoga is not only taught- but modelled
- Our practise shapes our/their/the future
- Persona creation impacted by meditation
- Our future – educate the heart, not only the mind

