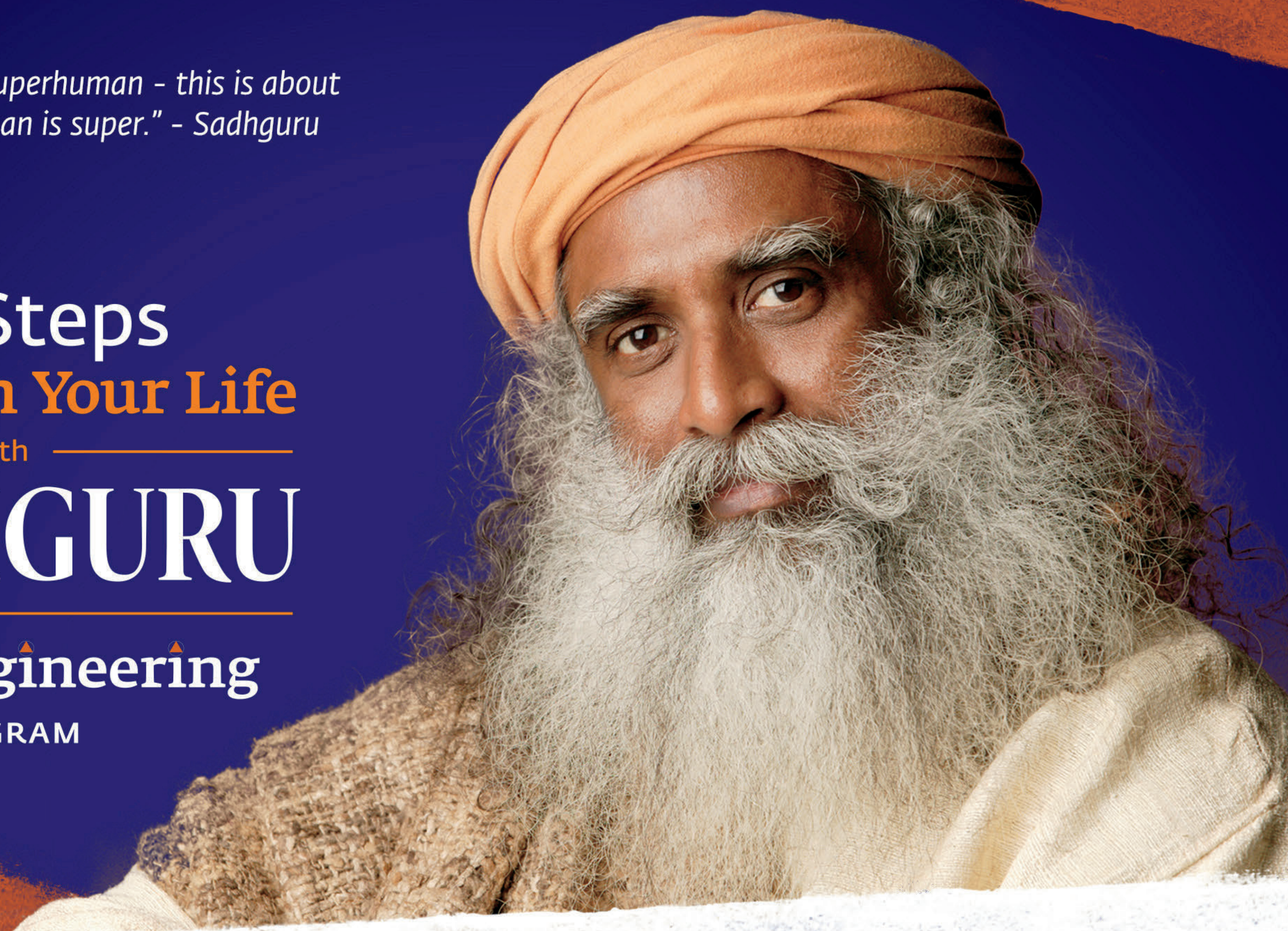


"This is not about being superhuman - this is about realizing that being human is super." - Sadhguru

# In 7 Steps Transform Your Life with SADHGURU

## Inner Engineering PROGRAM



An experiential step-by-step process with the power to transform your life with the essence of Yoga.

### Ways to Attend:

**IN-PERSON** (with a trained instructor):  
Offered as a 4-day in-person program.

**At Your Doorstep: This March, for the very first time—numerous program dates and locations across the GTA.**

### ONLINE:

Offers the convenience of doing the program in your own space and at your own time

**March 27-30**

**German Canadian Club,  
1 Cove Rd, London, ON**

### Program Timings:

Thursday, 6:30 pm - 9:45 pm

Friday, 6:30 pm - 9:45 pm

Saturday, 8:30 am - 7:00 pm

Sunday, 7:30 am - 7:00 pm

**Free Introductory Talk:** Thursday 6:30-7:30PM

### Other Locations:

Toronto • North York • Scarborough • Oshawa • Etobicoke • Brampton • Oakville • Burlington • Guelph  
Concord • Richmond Hill

No physical agility or previous experience of yoga required. Open to all ages 15+.



***isha.co/ieprogram***