



# YOGA with Marydale

This week's 'Food for Thought' August 15, 2011

As unnecessary as a well is  
to a village on the banks of a river,  
so unnecessary are all scriptures  
to someone who has seen the truth.

When your understanding has passed  
beyond the thicket of delusions,  
there is nothing you need to learn  
from even the most sacred scripture.

Indifferent to scriptures, your mind  
stands by itself, unmoving,  
absorbed in deep meditation.  
This is the essence of yoga.

Stephen Mitchell —*Bhagavad Gita*( 2.46, 2.52-53)

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## PARAM YOGA Healing Arts Center

### August Events

Thursday August 18 Gathering With Spirit 7:00 -9:00 pm *Free*

Friday August 19 Reiki Share 7:00 - 9:00 pm *Free*

Saturday August 20 Reiki Spirit Day 1/2 Sessions 12:00 - 5:45 pm \$25

Saturday August 27 Abundance and You \$27

Yoga Classes (group & private Instruction), Yoga Therapy, Energetic Healing

For detailed information please go online: [www.Param-Yoga.com](http://www.Param-Yoga.com)  
or inquire at the Front Desk *Thank-you*

21750 Devonshire Street Chatsworth, CA 91311  
747 224•0402 [www.Param-Yoga.com](http://www.Param-Yoga.com)