



YOGA, PURPOSE AND ACTION LEADERSHIP TRAINING

Discover the connections between the yogic path and the way of divine service or Seva

Find your purpose!

Take your practice to the next level

Make a difference now!

Dates: Thur. Oct. 16th –
Thur. Dec. 4th (no session
of November 27th)
Time: 6:00 – 9:00p
Cost: \$200

For more info:

www.offthematintotheworld.org



CITYOGA

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7 WEEK INTENSIVE FOR FINDING PURPOSE
AND TURNING IT INTO CONSCIOUS
ACTIVISM.

For Yoga Teachers, Community Leaders and
Organizers, Activists and Interested Students

The OTM program includes:

- Self-Inquiry: Who Am I? What is my purpose? What does it look like for me to live on purpose?
- Interdependence: Understanding our connection to the world around us.
- Community: Practical tools and skills in communication, collaboration, organization and strategy.
- Action: creating and initiating a project that makes a difference.

YOGA, PURPOSE AND ACTION IS A PROCESS
OF FINDING YOUR PURPOSE AND LIVING IT
BOTH ON AND OFF THE MAT.

OFF THE MAT
INTO THE WORLD™
self-inquiry generating action in community



YOGA, PURPOSE AND ACTION Leadership Training

Facilitators Nikki Myers and Kathy McHugh



Nikki Myers, E-RYT500, MBA, became a serious yoga practitioner after suffering a medical crisis. Her healing experience led to an intense study of all aspects of yoga and eventually to teaching yoga in the Boston public schools. Nikki received certification through the American Viniyoga Institute and is currently studying to become a certified Yoga Therapist. She has completed teacher trainings with many of the most accomplished teachers in the world. Nikki regularly assists and co-teaches with Seane Corn at workshops and conferences around the world. Her studies have taken her to India, Thailand, Africa and other lands abroad. Nikki is the owner of CITYYOGA School of Yoga and Health and Associate Faculty at IUPUI. Her work with yoga and addiction has been featured in Yoga Journal and the New York Times.



Kathy McHugh leads workshops and spreads hope when she speaks to groups of all sizes and ages. She is the author of *Passing on Hope* which is filled with her own life adventures that took her from merely existing in the dimness of fear to enthusiastically and passionately living in hope.