

Yoga for Mind and Spirituality

Discovering LOVE:

LOVE is a very ancient topic. Saints, playwrights, poets and musicians have glorified the emotion of Love. Despite extensive deliberation on the topic of Love, Love is easily misunderstood. Love is not an emotion that is par with other emotions. On one side Love is compassion, sympathy, empathy. It's that same emotion that accommodates and understands another person. However, Love, the same emotion when missing or strangulated is often expressed in pain and anguish. Lack of love, missing love, and lost love turns into sorrow, hatred, jealousy. Love defies logic inasmuch as it induces people to destroy themselves and others. That is precisely why we have to discover Love. We need to understand that there is only one emotion ... and that is Love!

Class Dates: September 16, 2019 through November 11, 2019 (8 weeks)
every Monday 1:00pm-2:00pm (space is limited)

Classes are Free: at Pinelands Branch Library, 39 Allen Avenue, Medford, NJ 08055
... and bring a friend! (parking available)

Class Offered by: Lata Pimplaskar

Please Sign Up: Let us know you will join us with your name & email at
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Questions or additional information, please contact Mary Turner yogadiva333@gmail.com