

# Drishhti

Mind's Eye Yoga



Yoga, not to mention life, seems hard enough with all our senses intact. Ever wondered what it might be like if you couldn't see? What it might be like to practise with a subtler level of awareness, with resources drawn from deep within, while learning to negotiate the practical aspects of being on a mat, just sitting, standing, moving around, doing things; what it might bring.

We've been playing with this idea for the past year, practising with hope, joy and a lot of laughter and the journey has been amazing.

Come celebrate with us as Mind's Eye, a non-profit that works with visual impairment through yoga, turns a year old. Explore yoga anew. All are welcome!

Sat 28 May 2011

4pm - 6pm (Please come 10min early)

Sangha | 56A Kandahar St | Singapore 198900

Email [info@sangha.com.sg](mailto:info@sangha.com.sg) | Call +65 6296 7202

By donation only

Please RSVP

What to expect?

We will practise hatha yoga - asana (physical postures), pranayama (breathing techniques) and a special practice called yoga nidra (yogic sleep). We also have a medical doctor who will work with pressure points for vision. If you're sighted, you'll be practising blindfolded :-)

Please bring an open mind, lots of patience and an eye mask (like an airline mask). No yoga experience necessary. Mats, blocks, straps and other accessories will be provided.

Yoga: Kanya Kanchana

Pressure points: Dr. Lakshmi Venkatesan

Hosted by: Nadia Faruki at Sangha

Supported by: SAVH

Sangha