

Yoga of Desire and Action

Anthony Benenati and Dearbhla Kelly

Saturday, April 29th • 1:00-4:00pm
West Hollywood • \$45 pre-sale, \$55 day of

All action is motivated by desire. From career ambitions to manifesting a soulmate, everything you do you do because you want to achieve some end. Yogis understood that real mastery is the ability to use the power of intention to manifest your desires.

Yoga can help you refine and realize your goals. Sustained practice over time yields clarity and discernment, crucial ingredients for deciding how to act skillfully. As you become skillful in your practice on the mat, you learn to harness that growth and apply it to other areas of your life.

Join Anthony and Dearbhla for a discussion of iccha/jnana/kriya - desire/knowledge/action - the Tantric formula for attaining your goals, as well as the latest neuroscience research into how you can use your brain to shape your mind. When you have control over your mind, you can alter your world.



Photo by Robert Sturman



A pioneer in the LA yoga community, Anthony opened City Yoga in 1999, one of the premiere independent yoga studios that changed the fabric of LA yoga. Since then he has trained hundreds of student teachers around the globe.

He is known for his playful, innovative, yet traditional style of Hatha Yoga. Anthony travels the globe teaching but calls LA his home along with his three children.



Born and raised in Ireland, Dearbhla Kelly, M.A., is a Los Angeles-based yoga teacher, philosopher and published writer. Her lilting Irish accent and Dublin wit make her classes uniquely enjoyable and her generous hands-on assists speak to the depth of her own practice.

Dearbhla teaches yoga, philosophy and neuroscience workshops and trainings worldwide.

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