



**Jesuit College of Spirituality
invites you to**

YOGA AND IGNATIAN SPIRITUALITY

**A public lecture by
Rajesh Jose Punchathalackal SJ**



Thursday 25th July 2019

6:00pm-8:00pm

**Jesuit College of Spirituality
175 Royal Parade, Parkville
(accessible by stairs only)**

Cost: Gold coin donation

What can Ignatian Spirituality learn from the ancient Indian practice of yoga? In this interactive lecture, Yogachrya Adv. Rajesh Jose Punchathalackal SJ will take us through the history and spirituality of yoga's connection with Ignatian Spirituality. There will also be a demonstration and opportunity to join in some basic yoga exercises that can be tried at home.

Suitable for all ages, no mats required, no previous experience of yoga necessary.

Yogachrya Adv. Rajesh Jose Punchathalackal SJ has been a Jesuit for 19 years and is based in Kerala, India. Rajesh is trained in the two main streams of yoga; Pathanjali and Ayyankar. He has practiced yoga for 27 years and been a master for 10 years. He founded the [Sahajeevanam Movement](#) to promote eco-spirituality, and started the Sahajeevanam eco-theme-Park at Kannur. Rajesh also has degrees in psychiatric nursing, Malayam, philosophy, theology, and law.

Please RSVP by 18th July to enquiries@jcs.edu.au or **03 9448 8276**

