

Anusara Yoga and Meditation Retreat

with

Paulette Bodeman and Barbara Adams



September 25-27 2009
Pocket Sanctuary at Kenyon Ranch
www.pocketsanctuary.com
Tumacacori, AZ

“The Eye of Shiva”

We cordially invite you to join us for a weekend of inner and outer expansion. You will be expertly guided by Paulette and Barbara as you explore the subtleties of your yoga and meditation practice. Seeing through the “Eye of Shiva” will be cultivated as you touch into the softness of your own heart.

Retreat Tuition Includes: Accommodations, all meals, yoga, meditation, hiking, hot tub, swimming, shopping at historic Tubac, **and** weather permitting, participation in a Native American Sweat Lodge Ceremony.

Shared-\$399.
Single-\$439.
Payment plans available

Early registration discount offered through August 1, 2009

Call for details

Shared-\$368.
Single-\$408.

Cancellation policy: If notified by September 18, 2009 full payment refunded less \$100 deposit. Directions and details provided with final payment. Space is limited so register early!!

For more information contact Paulette at bodeyoga@yahoo.com or 602-628-1165
For payment contact Barbara at yoga_village@cox.net or 480-905-8801

“This entire perceived world is his own self.”

Shiva Sutra I.IV

