

Three Rivers Yoga Institute

Yoga Renewal Day at Lotus Heart Rising



Early Morning with Fog Rolling out of the valley

Renew Body, Mind and Spirit with a Full Day Retreat

Date: Saturday, June 13, 2009

Time: 9:30AM to 4:00PM

Cost: Pre-register \$55, **After 6/7 \$65**

Cost Includes delicious vegetarian lunch prepared by Rosemary Trull, Macrobiotic Counselor, nutritional talk, yoga classes, meditation, massage or reiki, and time for solitude

- ♥ The morning session will begin with cleansing practices (Kriyas), an energizing Alchemy of the Core practice leading into a warm and flowing vinyasa practice and deep relaxation.
- ♥ A light vegetarian lunch prepared by Rosemary Trull, Macrobiotic Chef and Counselor, will be served. Rosemary will share the preparation and ingredients of the lunch and give a talk on "Tips for Transitioning to a Healthier Diet".
- ♥ The afternoon will offer a relaxing restorative practice and Yoga Nidra (Deep Relaxation) to soothe the nervous system, soften muscular tension, quiet the mind and open space for the breath.
- ♥ The day will conclude with an outdoor healing meditation (weather permitting).

Space Limited

Pre-Registration Only

Register Online at
www.threeriversyoga.com
or by Mail

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