

CLASSICAL YOGA RETREAT

Join Mataji
&
Sally for a
weekend of
yoga



Eldon Park, 74 Graydens Road, Tyabb, on the Mornington Peninsula

15th - 17th

January
2010

7.00 pm Friday to
3.00 pm Sunday

YOGA RETREAT

This weekend retreat provides you with a weekend of immersion in Classical Yoga. The quiet, idyllic surrounds provide the perfect backdrop for developing your yoga practice, and self, through authentic yoga. Ma Sally leads twice daily Asana practice, offering a selection of poses that are challenging, while at the same time reminding us to honour our bodies and choose our own level of difficulty. Swami Shantananda leads still-mind meditation, as well as sharing her wisdom and learning in authentic Shaivite Yoga, guiding us in discovering Union through self investigation and exploration of the Sages.

- **Deepen your meditation practice**
- **Asana practice morning and evening: work at your own level**
- **Massage optional**
- **Quiet time to yourself for walking or relaxing**
- **Food that's yummy, healthy and harmless to animals**
- **Comfortable & clean accommodation**
- **Tranquil rural setting**

Take a weekend out to recharge and treat yourself to a weekend of yogic living.

\$320 per person, to book contact Robert on (03) 9833 4050 or robert@classicalyoga.com.au
Book early to secure your place, \$100 deposit required.

Australian College of Classical Yoga

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