

A D E E P Y O G A R E T R E A T

YOGA *Above the Clouds*

Join us for a Journey into Pure Awareness

"Man's supreme potential unfolds in the state of Yoga. Yoga is the revelation of perfect clarity, limitless intelligence, lasting peace, and freedom in action." - YogiRaj Rod Stryker



Laura Plumb will lead the *Pure Awareness Training*

Bhava Ram will lead a.m. asana practice and satsang/meditation in the evening.

Both teach yoga in San Diego and maintain private practices as yoga therapists.

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Yoga practice – culminating in the heights of wisdom and compassion – can be defined as those processes that enable us to become what in our heart of hearts we aspire to be.

Based on ancient Vedic wisdom, the Pure Awareness accelerates the journey of personal growth as it deepens exploration of the Divine potential of Yoga and of life. By illuminating the

invisible forces at play, erasing the conditioning that limits us, disintegrating the ego self, and accessing Pure Awareness, these teachings open us to the magnificence of our inner Self.



From this center of our being, joy and truth express through us in wondrous ways, our intentions blossom more readily in the

garden of material reality and our life reveals itself as a work of art.

*Friday, Saturday,
Sunday May 5th, 6th,
7th*
Atipahato Lodge, Idyllwild

Early Morning Silent Nature Walk, Deep Yoga Asana Practice, Pure Awareness by day, open time each day for independent exploration, evening Meditation. Massage available at extra cost.

\$325 Includes 2 meals a day. Lodging separate. Affordable rooms at Atipahato Lodge, or camping, available.

Please contact Laura
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or 619 435 0497

