

Kripalu Yoga Retreat: Renew, Relax, Restore

With Ken Nelson and Lesli Lang

INFORMATION

Life is not a problem to be solved, but a mystery to be lived, and a source of revelation. – WB Yeats

Refresh yourself this spring with yoga and nature. Restore life's calling, creativity, and joy. Explore what life has entrusted to you. Meditate on *Vichara*, the yoga of inquiry: right relationship with self, others, work, and the world. Come practice *Sankalpa*, the yoga of intention- meaning a way of being, born from the heart. Discover the power to heal, grow, and awaken through deepening self-awareness and self-acceptance. You'll go home in the flow. With energy, ease and trust in your daily interactions.

Date: April 27th-29th, 2012

Location: Shanti Retreat, 89 Waldo's Lane, Wolfe Island (see www.hornesferry.com for ferry details)

Your Instructors:

Ken Nelson, PhD is a senior Kripalu program director dedicated to transforming the ways we serve and lead through yoga, mind body practices, and the wisdom traditions. His CD Yin Yoga is a Kripalu best seller.

Lesli Lang has a performing arts background and a lifetime of yoga and meditation. She leads retreats and workshops worldwide and enjoys supporting people in their quest for authenticity, freedom and full self-expression.

Retreat details at Shanti Yoga Retreat (www.shantiretreat.ca)

Weekend includes:

- 2 nights accommodation (twin share and 4-share)
- 4 delicious vegetarian meals
- 4 gentle to moderate Kripalu yoga, yin yoga, Qigong and guided relaxation
Yoga focuses on body sensing, breathing, soft posture flows, and yoga nidra
- Morning walking meditation
- Time for self-care, reflection, rest, reading, connection to community and exploring area attractions
- \$325 plus HST

For more information about Ken and Lesli visit:

www.powerfulworkshops.com or www.sacredhealingarts.com

To call Ken or Lesli about program details call 413-637-0012 or call Shelly Copoloff at 514-567-5368

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REGISTRATION FORM

Name: _____ D.O.B.: _____

Address: _____ City: _____

Prov: _____ P.C.: _____

Phone: _____ Email: _____

Emergency Name/ Number: _____ / _____

Payment amount: \$ _____ Balance: \$ _____

For the following, use scale 1-10, 10 being the highest level, or interest

Please indicate your experience or level (1-10): Yoga _____ Meditation _____

Please indicate your interest: Yoga _____ Meditation _____ Hiking _____ Growth workshops _____

Diet restrictions/ Preferences/ Allergies (vegan, vegetarian, wheat, etc.):

Health/ medical condition we should know about:

Other (non-food) requests or preferences:

Anything else you would like us to know:

Release form: I am solely responsible for my health and safety, and will not hold retreat leaders responsible for any loss, injuries, or illness that may occur. I will do my best to consider the interests of the group, but I also know that I may participate in as many or as few of the activities as I like. Please note: to insure a safe and sacred space, we do not allow alcohol at the retreat centre itself. Thank you for your understanding and agreeing.

Signature: _____ Date: _____

For program details call Ken or Lesli at 413-637-0012 or call Shelly Copoloff at 514-567-5368

To register, print registration, fill out and send along with a \$150 non-refundable deposit to hold your spot. The balance of the retreat is due March 15th 2012.

Please make your cheques payable to: **Diane Copoloff**, 5250 Ferrier Suite 418, Montreal, QC, H4P 1L4

Cancellation policy:

The \$150 program deposit is non-refundable. In the event of a cancellation, the balance of the retreat cost is refundable if the cancellation occurs 30 days or more prior to start date of the retreat, minus a 10% administration fee. For cancellations made 29 days or less prior to the date of the retreat, the balance is non-refundable.