

'Spring Awakening' Mini Yoga Retreat



*For winter's rain and snow are over.
Blossom by blossom the spring begins.
(Alegernon Charles Swinburne 1837-1909)*

**Sunday, 21 March, 2010
10am - 4pm**

**Riverdale Senior Community Center
57 Loy Ave, Riverdale, NJ 07457**

**\$54.00 early bird registration (before March 10)
Register with a friend \$90 (\$45 per person)**

After March 10th and at door \$69 per person

Register online using paypal at

http://www.yogalifesociety.com/miniyogaretreat_registrationform.html

or download an [application](#) and mail it with payment to Madhuri Kathy DeJesus, 30 Hillside Ave,
Riverdale, NJ 07457.

Retreat Schedule:

- ❖ 10:15-11:30 Hatha Yoga class
- ❖ 11:30-12:15 Pranayama followed by
Guided Meditation
- ❖ 12:30-1:30 Delicious Vegetarian Lunch
- ❖ 1:45-2:30 Special DVD viewing of a talk by
Sri Reverend Jaganath Carrera
- ❖ 2:30-3:00 Lively and informal discussion
regarding the teachings
- ❖ 3:00-4:00 Music, chanting and singing our yogi
hearts out to end the beautiful day

What to bring:

- Yoga mat
- props optional
- Cushion or blanket for meditation

Note: some Yoga experience is suggested
**Reverend Jaganath Carrera is not scheduled to be
present at this event.

Any questions? Need more information? Contact:
Krishna(Damian) damianmichelle@verizon.net
or Madhuri (Kathy) posadadj@gmail.com