Summer Solstice, June 20-23, 2019 Registration Form

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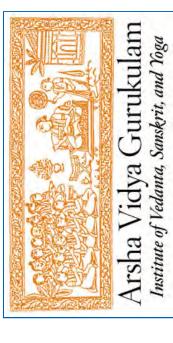
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Saylorsburg, PA 18353 Arsha Vidya Gurukulam PO Box 1059

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15th Annual

Summer Solstice Yoga Retreat

with

Janet MacLeod Jul Chandralekha Forger Patricia Layton Kati Walker Kathleen Wright

June 20-23, 2019



15th Annual Summer Solstice Yoga Retreat

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Jul Chandralekha Forger
Patricia Layton
Kati Walker
Kathleen Wright
June 20-23, 2019

The changing of seasons should be reflected in one's practice of yoga, so that the exterior environment and the interior environment interact harmoniously and bring peace and balance to daily living. In this four-day workshop eclipsed by the solstice, Janet's skillful sequencing and use of props will help you reach new levels of awareness in your practice.

A background of study in the Iyengar Method of Yoga is necessary to enjoy this course. Students should know the full range of poses, including inversions, and be familiar with Iyengar Yoga's standard use of props.

Teachers

Janet MacLeod - Asana and Pranayama

Patricia Layton - Yoga, Ayurveda and Memory.

Jul Chandralekha Forger - Chanting with Harmonium accompaniment.

Kati Walker - Singing Bowls

Singing Bowls is an ancient healing modality from the Himalayan areas of Nepal and Tibet. Singing bowl meditation practice encourages deep breathing and returning the Body/Mind balance: Saturday 8-9:30 pm

Kathleen Wright - Erawan Thai Walking Massage-Lazy Person's Yoga

Learn to give and receive some basic practices of this art. Lots of Fun! Friday 8-9:30 pm

Venu

Arsha Vidya Gurukulam is a unique facility dedicated to the traditional teaching of Vedanta and Sanskrit. The ashram is located on 68 wooded acres in the Pocono Mountains convenient to both New York City and Philadelphia. Facilities include a lecture hall connected to a traditional Hindu temple, a fully equipped yoga studio, residential housing, and a dining hall where vegetarian Indian meals are served.

Class Schedule and Course Tuition

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5:00-7:00 pm		8:00-10:00 am	10:30 am-1:00 pm	2:30-3:30 pm	4:00-5:30 pm	
Asana	Friday and Saturday:	Ayurveda	Asana	Chanting	Asana/Pranayama	

Sunday:

8:00-9:00 am	9:30-11:30 am
Chanting	Asana

\$310	\$160	\$100
full course tuition:	Saturday and Sunday only	One day

An administrative fee of \$20 will be charged for cancellations. No refunds after June 15th, 2019.

Housing per night

Standard ashram room (Some have shared baths): \$50 double occupancy, \$80 single occupancy

Deluxe (A/C & private bath):

\$60 double, \$100 single

Suite (2 rooms with attached bath):

\$60 triple, \$80 double

Meals are prasadam; therefore there is no charge. Commuting students are welcome to take meals with the other students.

Information/Registration

For further information, contact Deb Lowenburg at 570-236-4638 or Lowenburg.deb@gmail.com. To register, mail form and check payable to AVG or charge information to: Deb Lowenburg, 350 Poplar Valley Rd. W, Stroudsburg, PA 18360. Telephone registrations can be accepted with a credit card.