

2009 Summer Yoga Retreat!

Four days and three nights filled with yoga and nature – July 23-26

Immerse yourself in the practice of yoga in community with others; enjoy fresh air; beautiful, tranquil surroundings; a private lake; and delicious healthy food for an ashram-like experience.

Featuring Kathleen Flanagan, ERYT500



Kathleen Flanagan (ERYT 500), CMT started teaching yoga at the age of 19 at her local YMCA in 1972. She completed the program at the Institute for Yoga Teacher Education in 1978 and left for India to study with B.K.S. Iyengar. She has also studied extensively with Ramanand Patel, Aadhil Pailhivala, Esther Myers, Mary Dunn, Rodney Yee, and Ana Forrest, and most recently with H.S. Arun and Lois Steinberg. She is an experienced, registered professional yoga teacher with the Yoga Alliance and has been teaching Yoga Teacher Trainings with her school Yogamocean in Indiana and California for several years. Kathleen brings a wealth of knowledge and spirit to all of her teaching. She has been teaching yoga for over 35 years; is a graduate from the Iyengar Institute in San Francisco and was certified in Massage Therapy at the Chicago School of Massage over 25 years ago. Kathleen shares her expertise of anatomy through her dynamic teaching. She will be with us for four very full days to share her teachings - we are *so* fortunate to have her!

Kathleen's classes are a combination of practice and discussion. Each class will be complete unto itself, and will include a combination of poses from different categories. Morning sessions will be more active, and will include standing poses, backbends, and forward bends; afternoon sessions will include more restorative work including twists and inversions to renew energy. Please bring any props you have, including a blanket or two.

Kathleen will be teaching each morning from 9-12 (Thursday 10-12), and each afternoon from 3-5. Other sessions will be taught by Teji Ruth Dilley, ERYT500, CMT, co-director of Green Tree School of Yoga. Teji's sessions will be a mix of restorative and yin yoga; including meditation and pranayama (see below for a more complete schedule of classes and activities.)

Something new this year - we are excited to be able to offer a sweat lodge on Saturday night! A lodge can be a very transformational and cleansing time, and the magic of Ronora expands the experience. The kirtan will be playing on Thursday evening; and a special Indian meal will be served on Friday night.

Also new this year is a reduced price early registration option, and we have increased the tenting discount!

When: July 23-26, 2009. Thursday check-in begins at 9am; practice with Kathleen begins at 10. Last practice with Kathleen on Sunday ends at 5pm but we will need to be moved out of Trilogy lodge before the practice starts at 3pm.

Daily Schedule: Early AM practice 6:30-8 with Teji; Breakfast/free time from 8-9; followed by Morning Practice with Kathleen 9-12 (10-12 on Thursday.) Lunch/free time/naps 12-2; Afternoon Meditation 2-3 with Teji; Afternoon Practice with Kathleen 3-5; Dinner from 5-7; Evening activities begin at 7. Plenty of free time is included so you can commune with nature and the elements. Nothing is “mandatory” so please choose to engage in whatever activities you like.

Where: Camp Ronora is a serene nature preserve of over 400 acres with trails for hiking and bird watching, and a private lake with beach and paddleboats. (Swim at your own risk – no lifeguard will be on duty.) Accommodations are simple, comfortable, and quiet, and have hot showers and flush toilets; no private baths are available. (*You will need to bring your own twin sheets and towels.*)

Directions: Ronora lodge and retreat center; 9325 Dwight Boyer Rd., Watervliet, MI 49098; 269-463-6315. Located 30 minutes north of Niles just off M-140, also just off of I-94 at exit #41. See website for complete directions: www.ronoralodge.com

Food: Three delicious, plentiful, buffet-style meals served each day; tea and fruit are always available. Vegans, vegetarians and special food needs will be accommodated. Our chef creates made-to-order meals! Part of living in community is being of service to others, or karma yoga, and help before and after meals will be appreciated.

Cost: \$749 includes room, board, and all activities; *see below for discounted early registration price.* Rooms are semi-private; tenting is available (*bring your own tent, towels, and bedding*) at a discounted rate of \$689 (showers are available for tenters.) Also see partial retreat options below.

Payment Information: Payment in full *must* be received by 7/9/09; partial retreat options are available, as are *early registration discounts.* No cash refunds after 6/19/09. Any refunds after this date will be in the form of a credit; registration fee is transferable to another individual. Late (after 7/9/09) registrations add a special handling fee of \$25. I understand that if I decide to cancel my registration, no cash refund will be given. Cancellation requests must be sent by mail.

Contact Information: kim@sagewateryoga.com; treeoflifeyoga@comcast.net

Registration Information:

Mail this form and a check or money order payable to Green Tree School of Yoga to:

PO Box 942, South Bend, IN 46624.

Registration *must* be received no later than 7/9/09 (make a copy for your records)

Name _____ Home Phone _____

Address _____ e-mail _____

Other Phone _____ Emergency Contact Info _____

Meal Preference (circle one) **vegan** **vegetarian** **non-vegetarian**

Any food allergies, kosher, etc. _____

~~~Waiver~~~

I (we) forever release and discharge Ronora Lodge, Green Tree School of Yoga, and all teachers and employees involved in the retreat, from any liability resulting from my (our) participation in the 2009 Summer Yoga Retreat.

Signature _____ Date _____

~ Confirmation packet and a list of what to bring will be sent upon receipt of registration~

Early registration discount applies to overnight choices only and payment must be received by 6/12/09 - please remit amount in (parenthesis.) Prices include room, board, and all activities.

Thursday through Sunday (Full Retreat) ~ \$749 (early \$699) _____ Tent option \$639 (\$599) _____

Thursday through Saturday 5pm ~ \$539 (\$499) _____ Tent option \$459 (\$429) _____

Friday dinner through Sunday ~ \$429 (\$399) _____ Tent option \$369 (\$349) _____

Saturday 9am through Sunday ~ \$319 (\$299) _____ Tent option \$279 (\$259) _____

Friday dinner to 5pm Saturday ~ \$219 (\$209) _____ Tent option \$189 (\$179)

Saturday or Sunday yoga 9-5; includes lunch ~ \$110 _____ (circle which day)

Saturday or Sunday yoga only; am or pm (circle one) ~ \$65 _____ (circle which day/time)

Amount enclosed _____ **number attending** _____