

CHAKRA VOYAGE 2008

at Yoga Mendocino in Ukiah
with Mary Paffard

June 16-20, 2008 9am - 1pm

Join us for the 12th annual intensive where we will once again explore the more energetic aspects of practice thru passive & active poses, discussion & reflection. This year's theme will focus on the 4th chakra, Anahata – exploring the heart and the qualities of the Brahma Viharas – Love, Compassion, Joy and Equanimity in asana, meditation, breathwork, poetry and discussion. What is your heart yearning for at this time?

COMMENTS FROM PREVIOUS PARTICIPANTS RE CHAKRA VOYAGE:

“I believe this is an unique combination of yoga and chakra work, maybe Mary's most intriguing work of the year. Each voyage is different - a fascinating, beautiful communal trip for the group. I have been there almost every year and would never stop! and encourage all those with an inkling for more, to join in!” Susan Arbios

“Intense, inspirational, integrated!” Kathleen Bell

“Please come; time to share in play and prayer through our whole beings.” Martha Turner

“Mary Paffard is a remarkable teacher. Her yoga classes are taught with a bracing energy and a keen insight into the needs of both the group and the individuals in it. Above all, she inspires her students by sharing her own journey along the path to compassion and wisdom.” David Rounds

\$350 /\$400 after 5/16/08

Early Bird fee: \$300 if paid in full by 3/1/08

This is a popular workshop and you are advised to register early.

Send full fee (no deposits) to:

Yoga Mendocino 206A Mason Ukiah, CA 95482 707-462-2580 for info

<p>MANDALA WORKSHOP with Caryn Levin MacCloskey June 18th 1:30-4:30pm Contact Yomo for details. Very complimentary workshop to the Chakra Voyage - \$50/\$60 after 6/1/08</p>	<p>Mini Chakra Voyage 3/22 9-1pm The Song of Spring – This workshop will focus on the 5th chakra and will look at both sound and silence in a practice to celebrate the spring and the creative authentic voice in each of us. \$80/ \$60 if you are registered for Chakra Voyage 08</p>
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Refunds subject to 15% administrative fees; no refunds after 5/16. Accommodation list available on request.

www.yogamendocino.org

OR

www.maryyoga.com