

YOGA MENDOCINO PRESENTS:

RAMA JYOTI VERNON



Please join us for an exciting, timely weekend with one of yoga's foremost pioneering women!

Friday-Sunday,
August 3rd-5th
at yoga mendocino

Friday 3rd, 7-9 pm : The Yoga Sutras and Conflict Resolution:

This lively class will explore the ancient roots of conflict, how to use conflict as a creative force for positive change, the interrelationship of the Yoga Sutras and how it relates to conflict in our lives and in the world today. \$35/45

Saturday 4th, 10-1 pm : Sutras, Asana and Life : An active class to stimulate the whole of yoga

Come explore a timely and useful way to take one of yoga's oldest texts into daily life, on and off the mat. Rama will grace us with her inspiring way of translating ancient truths & applying them to our everyday challenges to find fulfilling, successful solutions. \$65/75

Saturday 4th, 2-4 pm : Anatomy of the Shoulderstand Part 2

Rama will share with us the wisdom she has gathered about shoulderstand in her 35 year exploration of the "queen of yoga poses". Using experiential techniques, we will discuss & hone what is perfect for each individual in this complex and intriguing pose. \$35/45

Sunday 5th, 10:30-2 pm : Exploring the Archetypes of Hindu Gods & Goddesses:

For yoga teachers, astrologers or anyone interested in mythology and Vedic culture. Class offer a myriad of ways to access the legendary beings so revered in the Eastern cultures. It is designed to create a deeper relationship to the consciousness represented by each deity, and includes a journey through the archetype. Build an understanding of the symbols found in the images, surrounding stories and mythologies. Learn to connect to the energy of the deities by chanting the Sanskrit mantras, and doing a series of asana that represent the yantra for the deities. \$70/75

Rama Jyoti Vernon, founder of the International Yoga College (formerly American Yoga College), has been instrumental in creating a number of organizations, including the California Yoga Teachers Association (CYTA). Rama was one of the original publishers of the CYTA newsletter, which gave birth to the magazine, *Yoga Journal*. Rama founded the B.K.S. Iyengar Yoga Association of Northern California, and established a two-year curriculum for the first state-certified yoga teachers' training program through the California Institute of Integral Studies.

As a housewife, mother and yoga teacher, Rama found herself applying yoga philosophy in a whole new arena, international peacemaking. During the 1980s she made dozens of trips to the U.S.S.R, and in 1987, she founded the Center for International Dialogue (CID), based on the idea that people can join together to initiate solutions for political, economic, ecological, humanitarian and cultural conflicts. Her warm manner, and the way she shares personal anecdotes give her students a connection to her, as friends, in her legacy of asana training, combined with deep integration of the Yoga Sutras.

\$200 /\$225 if you register after 5/1/07. Please register early as this workshop will fill fast!

No refunds after 5/1/07 – refunds prior to 5/1 subject to a 15% administration charge.

To register, send full fee to Yomo, 206A Mason St, Ukiah