

## *Beginners Welcome*

*Come and Join Us* at the beautiful Retreat House located in St David, a little more than an hour east of Tucson on the beautiful San Pedro River. More information available upon request. Instructors include: Priscilla Potter, Gary Phelan, Sue Ferguson, David Forest, Dave Weeks, Ashley Leal and Jim Norris.

*Using Yoga and Meditation*, surrounded by nature, we will return to the place of inner peace, clarity and tranquility. Enjoy the time & space to move deeply within, where we can connect to nature and our inner nature.

*Guided Hike:* Led by Dave Weeks, Director of Javalina Outdoor Education, professional hiker and wilderness guide, mediation and yoga instructor.  
[www.javelinaoutdoorededucation.com](http://www.javelinaoutdoorededucation.com)

*Free Time:* There will be plenty of “down time” for you to personalize the retreat even more—journaling, sitting in the reflection garden or the conservatory or hunting for a bargain at the local thrift shop.

*More about the Retreat Center:* The beautiful Tolomei Retreat House is located in St David, AZ on 132 wooded acres. The river is running, birds are abundant, and the retreat store is full of freshly baked bread!

The Bureau of Land Management helped dedicate a 1.3 mile bird sanctuary trail that borders along the property and the San Pedro River. With the beauty of the large, tree lined pond, visitors attain a peace and solitude that is difficult to find in a busy world.

### *the YOGA Connection*

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 the YOGA Connection

## WEEKEND YOGA & MEDITATION RETREAT



## **Beginners Welcome**

*St. David, AZ April 27-29, 2012*

*Take your yoga experience to a new level with a weekend of yoga, meditation, great vegetarian food, community and reconnecting with nature.*

***Relax, Renew, Revitalize***

*Arrival/Departure:* Arrive anytime after 2:00 pm on Thursday or Friday. The retreat will end at 12pm on Sunday.

*Accommodation:* Rooms are simple, clean and shared with one other participant. Bathrooms are also shared. Private rooms are available on a first come basis.

*Cost:* 2 nights, \$325; \*Private Room/shared bath add \$35/night (\$395). Private room/private bath add \$55/night (\$435).

***Pay in full by 3/27/12 and save \$50!***

Prices include the entire weekend: classes, meals, & lodging. Upon registration, you will receive a retreat packet with information on what to bring, maps, car pooling etc.

*Registration:* Register early. Register with a minimum \$100 deposit, registration available by phone and in person. The balance is due by 4/1/12.

*Refunds:* Deposits are refundable until 4/1/12, less \$50. After 4/1/12 there are no refunds.



# Weekend Yoga & Meditation Retreat



## Deepen your practice...

Using asana, affirmation, mudra and mantra, return to a place of balance and harmony. Refill your well from the Source so that those who come to you for insight, information, and help might be succored.

## Retreat Instructors

Priscilla Potter



Sue Ferguson



David Forest



Jim Norris



Ashley Leal



Dave Weeks



*Participate in daily yoga & meditation sessions and mantra in the evenings.*

## Sample Schedule

FRIDAY	
Time	Activity
1-2pm	Arrive
6:30pm	Welcome
7-7:45pm	Light Yoga
7:45pm	Evening Meditation
SATURDAY	
Time	Activity
7:30-8am	Meditation
8-9:30am	Beginning-Intermediate Yoga
10-10:45am	Meditation Workshop
12-5:15pm	Breakout Sessions May Include: * Yin & Restorative Yoga * Neti Pot Demonstration * Introduction to Yoga Therapy * Vegetarian Cooking Class * Guided Hike * Beginning Meditation * 1:1 Sessions
6:30pm	Mantra & Meditation
SUNDAY	
Time	Activity
7-7:30am	Meditation
8-9am	Yoga
9-10am	Retreat Closing Circle

*Meals:* Healthy Vegetarian Fare will be provided by Master Chef David Lockamy and assistants Kollin Lockamy and Shel Strickland.

## Sample Menu\*

FRIDAY	
Dinner	* Soup * Challah * Niçoise salad * Crackers & Dip
SATURDAY	
Breakfast	Continental Breakfast
Brunch	* Empanadas * Hummus and pita * Tabouli * Greek salad * Tofu * Tomato, cucumber and mozzarella salad * Vegan potato salad
Dinner	* Pasta Primavera * Focaccia * Caesar salad * Peach blueberry cobbler
SUNDAY	
Breakfast	Continental Breakfast
Brunch	* Chips salsa guacamole * Green Salad * Black bean tamale pie * Chocó flan

*\*With advance notice we can accommodate special dietary needs, eg. vegan and gluten-free*