



Explore & Balance your Energy System  
**Discover the Chakras**  
**Yoga-Retreat**

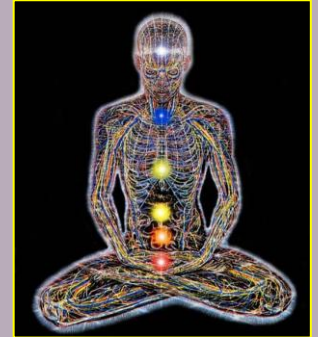
Facilitated by Diana Wilson, eRYT

**Saturday, Dec. 8, 2012**

**10:00 a.m. - 4:00 p.m.**

**Venue: Sambodh Center for Human Excellence**  
**6363 North 24<sup>th</sup> St., Kalamazoo, MI 49004**

**DESCRIPTION:** Each Chakra corresponds with one of the five elements; each element is an integral part of our nature: including: our organ systems, glands, and the body; human developmental stages, individual psychology; and, universal spiritual energy. Learn how to see at all human life through the lens of each chakra, and gain an understanding of your-self and others through this paradigm. Learn how to bring each of the seven major chakras into balance. Learn practices that tap into & awaken your dynamic spiritual energy.



**Light Vegetarian Lunch included**

**Workshop Retreat Fee: \$50**

**Information:** Diana (269) 758-3355 or Ruth (269) 327-3774

**Email:** [PrasadYoga@aol.com](mailto:PrasadYoga@aol.com) or [indiaink@charter.net](mailto:indiaink@charter.net)

Diana Wilson, eRYT, is a certified Hatha Yoga instructor, through Integrative Yoga Therapy. As a lifelong practitioner and student of Hatha Yoga she has studied various styles and traditions. She has been instructing students in Hatha Yoga for 20 years, primarily in Michigan. Through a process of personal inquiry and self-discovery, she applies the principles of Yoga to all aspects of life and assists her students to accomplish the same.

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**Mail in your Retreat Registration form along with your payment of \$50 to:**

The Sambodh Society, Inc. P.O. Box 248, Kalamazoo, MI 49004

*We appreciate your clearly printing all contact information.*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Please make your checks payable to: The Sambodh Society, Inc.

**To make a payment on-line via PayPal at [www.sambodh.us](http://www.sambodh.us)**

Scroll down this Sambodh website page <http://www.sambodh.us/pledge/support.html>,  
and click on the yellow "Donate" button on the bottom right of that page.

**Then follow the instructions for "One-Time Donations."**