

Explore and Balance your Energy System

Discover the Chakras

Yoga-Retreat with Diana Wilson, RYT



TBA - Postponed
Saturday: 10:00 a.m.-4:00 p.m.
at the
**Sambodh Center for Human
Excellence**
6363 N. 24th 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 or Indiaink@charter.net

Diana Wilson, RYT, 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.

Early Registration Discount of \$10

for those who mail in this form along with their payment before [POSTPONED], 2010

Payment also accepted via PayPal on-line at www.sambodh.us

~ Scroll down towards the bottom of our Sambodh website Home-page ~

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Mail in your Retreat Registration form along with your payment to:

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

Name _____ Phone _____
Address _____ City _____ State _____ Zip _____
Email _____ \$40 Early-Bird received by ?/?/10 \$50 after ?/?/10

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