

Yoga Retreat with Soul Tenders

a very special original film featuring women healers

Honoring the Divine Feminine

9:30 a.m. ~ 5:00 p.m.

Saturday, November 17, 2012

at the **Sambodh Center for Human Excellence**

Enjoy a day of Renewal and Relaxation

Facilitated by Diana Wilson eRYT, Mary Jo Ramsey Smith and Ginny Gibbs



Music...

- ≈ Explore your inner Goddess through music devoted to the Divine Feminine performed by artists, **Mary Jo Ramsey Smith** and **Ginny Gibbs**
- ≈ Enjoy Mary Jo's presentation on the **History and Heritage of the Goddess**.

Yoga...

- ≈ Join **Diana Wilson** for movement, meditation on the Divine Feminine, experienced through Yoga:
- ≈ Awaken your body with a deep, meditative and relaxing **Yin Yoga** practices.
- ≈ With the guided relaxation processes of **Restorative Yoga**, deeply relax and gently release areas of pent up body tension.
- ≈ Experience gentle **Flow Yoga's** sequences which synchronize breath and movement. Awaken and renew the goddess within.

Women Healers & Visionaries...

- ≈ Enjoy a special viewing of **SOUL TENDERS**, an original film and award nominee, Created & Produced by **Mary-Jo Ramsey Smith & Gary Smith**.

SOUL TENDERS - Description: This special film tells the stories of nine unique women as they moved through the cycles of the year, tending medicine plants, holding ritual to participate in the rhythms of nature, and living a tradition which had been forgotten by a culture based largely on

consumption. *Soul Tenders* unfolds the story of the women healers and visionaries and teachers and moms who lived this idea daily in the mountains and valleys of Virginia and West Virginia. Together, Mary Jo and Gary traveled to eight states to film the natural world, from Shenandoah National Park in Virginia, to Bandolier National Monument and Ghost Ranch in New Mexico.

Arrive at 9:00 A.M. to enjoy a cup of Hot Tea and conviviality!
A Light Vegetarian lunch is among the day's delights!

Information: Diana at prasadyoga@aol.com or call 269.758.3355

Register NOW! – Participation fee: \$65

To Register, send your name and contact information along with your payment to "The Sambodh Society, Inc."

Mail your Registration to: The Sambodh Society, Inc. 6363 N. 24th St., Kalamazoo, MI.

Pay by PayPal via the Sambodh website Home Page: www.sambodh.us