

'Spring Awakening' Mini Yoga Retreat



*For winter's rain and snow are over. Blossom by blossom the spring begins.
(Allegorn Charles Swinburne 1837-1909)*

Please join us for our annual spring gathering.

Shed your winter coat and prepare to lighten your heart!

A not to miss event!

Join Rev. Jaganath Carrera as He shares his insight and wisdom, and Margabandhu as he shares his knowledge of health and diet.

Participants will go home with healthful recipes.

Day's events also include lunch and nutritional cooking demonstration.

Sunday, 18 March, 2012

8am - 3pm

Serenity Yoga and Wellness Spa

1244 McBride Ave.

Woodland Park, NJ 07424

973-256-0023

\$63.00 early bird registration (before March 10)

Register with a friend \$108 (\$54 per person)

Walk-ins welcome...at door \$81 per person

Register online using paypal at

http://www.yogalifesociety.com/miniyogaretreat_registrationform.html

Any questions please contact kathy@serenityyogaandwellnessspa.com

Retreat Schedule:

- ❖ 8:15am Orientation
- ❖ 8:30-10:00 Hatha and Pranayama
- ❖ 10:00-12:00 "Diet for Optimal Health" with Margabandhu Martarano
- ❖ 12:00-1:00 Lunch
- ❖ 1:00-2:30 A talk by Reverend Jaganath Carrera, followed by guided meditation
- ❖ 2:30-3:00 Open time for questions & answers

What to bring:

- Yoga mat
- props optional
- Cushion or blanket for meditation

Note: some Yoga experience is suggested

Registration can also be mailed to:

Serenity Yoga and Wellness Spa
c/o Madhuri Kathy DeJesus
1244 McBride Ave. Woodland Park, NJ 07424