



Long Island Yoga Association

YOGA RETREAT

April 30th – May 2nd

St. Joseph Renewal Center The
Brentwood, Long Island

Practice, Reflection, Devotion Presented by **REBECCA LERNER**

According to Patanjali's Sutra II.1 - Practice, Reflection, Devotion- are the acts of Yoga. By incorporating these yogic principles into our asana and pranayama practices we learn to purify and transcend our everyday existence into an integrated balanced life. Intensify and discipline your practice- tapas and deepen your reflection and devotion- in this exploratory weekend of transformation.

Rebecca Lerner is co-director/owner of the Center for Well-Being in Lemont, Pennsylvania and an Intermediate Senior I Certified Iyengar Yoga Instructor. June 2010 will be her 6th trip to Pune studying with the Iyengars. A devoted practitioner since the late '70s, Rebecca is an IYNAUS assessor and conducts workshops nationally as well as teacher training programs. Her expertise is the ability to guide her students deeply into the poses in a fresh, insightful and meaningful way. She has a gentle yet dynamic teaching style that brings each student a heightened yogic experience. Rebecca's inspiration is a reflection of her years of study with Mary Dunn.

****PLEASE BRING: STICKY MAT, BLANKETS, BLOCKS and BELT****

FEE INCLUDES: All retreat programs, accommodations and 6 vegetarian meals featuring freshly prepared food. Reservations will be taken on a first-come-first-serve basis. Payment is required in full at the time of registration. Make check payable to LIYA. Mail fee and registration form to: LIYA Retreat Registration, PO Box 657 Northport, NY 11768 Tel. (631) 261.1777

REFUND POLICY: \$25.00 Processing fee non-refundable. Full refund minus processing fee if cancellation notice received 2 weeks prior to retreat. 50% refund minus processing fee if notice is received 1 week prior to retreat. No refund with less than 1-week notice. In the event of a sold out retreat refund will be given only if your space can be filled.

ACCOMMODATIONS: Single rooms, community bathroom. Women on one floor, men on another floor.

CHECK IN: Friday from 4:00 to 6:00 p.m. **Dinner at 5:30p.m.** Evening program will begin at 7:00 p.m. Retreat ends Sunday at 2:00 p.m. In order to maintain the communion and spirit of the retreat, participants are expected to remain on the grounds of St. Josephs throughout the weekend.

Long Island Yoga Association
PO Box 657, Northport, NY 11768
Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com
Website: longislandyogaassociation.org

Please make checks payable to: LIYA
Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

- SPECIAL EARLY REGISTRATION** postmark by **April 5** - \$295 per person (Member Only)
- I will attend the **May retreat** (Member). \$320 per person
- I will attend the **May retreat** (Non-Member). \$350 per person
- LIYA may use** in their Website and/or the Satsang Newsletter any photograph taken of me at this retreat.

If you are NOT notified, your registration has been accepted. We will see you at the retreat.

Name _____ Phone _____

Address _____ Zip _____ Check# _____

Email _____