

*Iyengar Yoga & The Sacred Play of Consciousness*  
***A Yoga & Art Retreat***  
***With Mary Reilly & Anne Pomponio***

*October 10-12, Camp Michigania,  
Boyne City, Michigan*

*Join us for our thirteenth year of retreat bringing the art of yoga in the Iyengar tradition, and exploration of yogic principles in artistic play together. This year our theme is The Self and its many faces.*

*This fall we will be following the format of retreats past, four yoga asana classes (sorted by experience) and two pranayama classes with Mary and three sessions with Anne. We will be working with the theme of listening to our bodies responses to the asanas, the subjective experience, and being present with that as a springboard to further new ground. Once we feel and integrate this new ground, the pose reconfigures to a new stability.*

*The longer classes and weekend focus lets us move into this new territory and make it our own. This way of knowing ourselves has broader implications, concentration, detachment from habit, a fresh edge of consciousness. In the three sessions with Anne and her vehicle of art and creativity, this edge can be brought out to play. As you former participants know, Anne provides all the materials and expertise you will need to enjoy this. It's not art class! Time for reflection is there and the beautiful outdoors to walk and be with Nature.*

*We will be fed beautifully (vegetarian and organic where possible). Accommodations are either double sharing one bathroom (each room is separate, but one of the two has to walk through the other room to use the bathroom, or a single with your own bathroom. If you are a couple, you can sign up for the double and have one room with a large bed and private bath.*

*I hope you can join us!  
Mary & Anne*

# North Woods Yoga Registration

## October 10-12<sup>th</sup> Retreat

Early bird registration must be received by September 1, 2008

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Double \_\_\_\_\_ roommate? \_\_\_\_\_

(we will pair you with one is necessary) single \_\_\_\_\_

Do you need directions? Yes \_\_\_\_\_ no \_\_\_\_\_

Special food needs? \_\_\_\_\_

Yoga experience or special conditions? \_\_\_\_\_

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Early bird discount: Double occupancy \$295, single \$325 (\$25 more per room after September 1, 2008.)

A \$100 deposit will hold your place, balance due September 18th

All inclusive. Print this and mail with check to :

Mary Reilly  
5586 Fisher Road  
Harbor Springs, MI 49740

Retreat begins with yoga class at 5 pm Friday and ends after brunch on Sunday 12 noon. Directions will be mailed with confirmation. Refunds , less a \$50 fee will be available until September 18th<sup>n</sup> and then only if someone is taking your place.

Please bring your own yoga mat, 2 blankets one belt and one block or arrange with me to bring them. For questions call or e-mail, [msreilly@freeway.net](mailto:msreilly@freeway.net) 231-526-5041