

YOGA RETREAT IN THAILAND

(KO SAMUI, BANG PO BEACH)

March 8-15, 2008

With Ron Reid and Marla Meenakshi Joy

THE ART AND SOUL OF ASHTANGA YOGA

This is a totally unique opportunity to study with these deeply experienced and inspirational teachers. They offer a blend of ashtanga yoga, philosophy, mantra study and practice, kirtan, pranayama, restorative yoga and meditation...infused with the intention to see Yoga as a Spiritual art form. As we awaken new areas in our physical beings, we nurture the expression of the soul and raise it's vibration to a higher level.

Classes include led primary, second series, yoga lab (technique classes), restorative, pranayama, meditation, chanting and philosophy (as well as evening kirtans!!!)

"When I think of a yogi, I think of Ron Reid. He teaches from what he has learned from his many years of practice, you can feel that. Even if you've been practicing for years and years he makes you feel curious and excited about yoga through his soft-spoken, humorous and extremely intelligent way of teaching. He knows the body and how it works and he teaches you how to keep it healthy. At the same time his classes are challenging and hot.

He makes you want to move to Toronto!!"
Kristin Leigh, yoga teacher and co-owner of
The Shala yoga studio in New York.

"(Meenakshi)...Nothing short of a shower of blessings to be in her presence. Her teachings are full of light and wisdom generated from lifetimes of divine devotion. With a natural inner cadence, Meenakshi's voice carefully guides you through asana sequences, while subtly setting your mind adrift into deeper peaceful contemplation. By far the best savasana experience as she chants you into a state of final transcendence."

Samantha McDonald, yoga teacher, writer

COST: 580 euros (approximately \$850 Canadian) for yoga, accommodations and food. Travel costs are separate.

FOR MORE INFORMATION & TO REGISTER, PLEASE CONTACT: Paul and Jutima at yogathailand@gmail.com, www.yoga-thailand.com

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