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downward dog

yoga centre

10TH ANNIVERSARY YOGA RETREAT
with Ron Reid, Diane Bruni, & Marla Meenakshi Joy
in UMBRIA, ITALY, OCTOBER 6 - 12, 2007

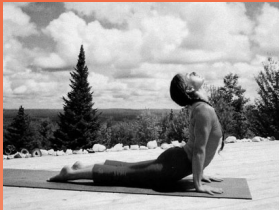
Come and join us for this fantastic week in the midst of Italy's green heart... Umbria!



Ron Reid has been practicing Yoga for 30 years and teaching since 1988. He is co-owner and director of the Downward Dog Yoga Centre in Toronto, Canada. He has practiced and studied the ashtanga system extensively, and has

studied with Sri K. Pattabhi in both India and in North America.

Ron is one of Canada's top teachers, approaching teaching in an inspired, informed and non-dogmatic way. He places the needs of the students ahead of the demands of the practice. He endeavors to blend tradition with innovation, and to balance precision with grace. Students will find his refined approach to practice both challenging and rewarding. Ron teaches Ashtanga and vinyasa yoga in a variety of settings as well as pranayama, and Yoga Lab workshops across Canada, the U.S. the UK and Europe.



Diane Bruni first discovered yoga in 1979. Over the years she has studied several styles of yoga, including Ashtanga which she currently practices and teaches. In 1983 Diane graduated from the Kikkawa Shiatsu College. Having

worked full time as a hands-on healer, her knowledge of the human body and its many interconnected layers adds an interesting dimension to her teaching. In 2000 Diane hosted sixty-five thirty minute yoga sessions for Breathing Space Yoga, which continues to air in the U.S., New Zealand, Poland and the Ukraine. Diane opened the Downward Dog Yoga Centre with Ron Reid in 1997.

Meenakshi (Marla Joy) first traveled to India in 1988 to study meditation and the philosophy of the Vedas with Swami Shyam, as well as other learned scholars in the Himalayas. She is a Certified Meditation and



Yoga Philosophy teacher from the International Meditation Institute in the Himalayas. She currently teaches Ashtanga Yoga, Restorative Yoga, Yogadance, Meditation, Yoga philosophy, Sanskrit, and Chanting in Canada, the U.S., the UK and Europe. She also leads Kirtan (call-and-response chanting) with her partner/keyboaridist, Ron Reid in their band SWAHA. She has produced two CD's of Sanskrit chanting (*Prayers and Salutations*) which are widely available.

Our retreat will be held at La Casella, a classical farmhouse within the Etruscan valley (halfway between Rome and Florence). La Casella is set amidst vineyards, and near a beautiful old convent where San Francesco of Assisi once lived.

With acres of land, horseback riding, a mini spa with 2 saunas, Jacuzzi, and a beautiful new yoga room with heated floors, La Casella is the perfect place for yoga, rest and rejuvenation, philosophy, and yoga nidra. All rooms are within a 5 - 10 min walk to the main building, through natural setting.

Yoga classes with Ron, Diane and Marla include:

Mysore (self practice), led primary and second series classes, yoga jam, yoga lounge (set to Swaha's music), Ujjayi Pulse, technique classes, restorative/pranayama/meditation, chanting and philosophy, and yoga nidra.

DATE: October 6 - 12, 2007

LOCATION: La Casella
www.lacasella.it

COST:

1000 euros (approx. \$1500 CDN)
950 euros before August 31, 2007
Includes accommodations, all meals, and yoga (travel is extra).

BOOKING and INQUIRIES:

In Canada/US contact Downward Dog at
info@downwarddog.com, tel. 416.703.8805

In Europe contact Anna Pilotti: pilotti@telia.com
Her web-site is: www.annayoga.eu

A detailed travel info sheet is available on request