



Tail of the Tiger



Discover personal alignment from the inside out.

EMBODYOGA™

Meditation and Yoga

May 13 – 16, 2010, with Annelies Smith

Practice calm-abiding meditation and explore the movement and alignment principles of yoga developed by Bonnie Bainbridge Cohen, founder of Body-Mind Centering, and Patty Townsend, founder of Embodiyoga™. With ample time for meditation built into the program, each student will practice the free flow of energy uninterrupted in all postures. Enveloping our physical explorations in the practice of calm-abiding meditation gives birth to inner clarity, direction and calmness. When we can realize that everything is already okay and there is nothing to prove or gain, awareness of our experience of movement becomes endlessly delightful! The result radiates with radical self-acceptance, compassion and awe.

Program Fee: \$350 (including meals; accommodations extra). Daily rate: \$125

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit http://www.tailofthetiger.org/embodyyoga_0510.php

For more information about Tail of the Tiger, visit: www.tailofthetiger.org



Annelies Smith is a yoga and meditation instructor and a somatic movement educator. For more than 17 years Annelies has been inspired to help people find out more about their bodies and to help them move through pain toward greater openness and ease. As a dance major at Naropa University in Boulder, Colorado, she was introduced to the work of Body-Mind Centering, founded by Bonnie Bainbridge Cohen, and to the Shambhala Buddhist teachings of Chögyam Trungpa. Annelies went on to study Somatic Movement Therapy and Education with Martha Eddy at The Moving On Center in California. She also became a student of Sakyong Mipham Rinpoche in 1999. In Patty Townsend (of Yoga Center Amherst) Annelies found a teacher who had created a yoga teacher training, called Embodiyoga™, which synthesizes the various systems she has studied within one discipline. Annelies now lives, teaches yoga, and offers bodywork in Burlington, Vermont.