



Tail of the Tiger



Spring Renewal Retreat:

JOINING BODY AND MIND
THROUGH YOGA AND
MINDFULNESS MEDITATION

With Nicole Bacon,
March 31 – April 4, 2010
at Vermont's Tail of the Tiger

Nicole Bacon teaches mindfulness meditation and chakra vinyasa yoga, an ongoing exploration of the polarities and sensory experiences inherent in the current of breath and flow of movement. Proper application and sequencing of yoga postures linked by breath serve to increase our awareness of how our bodies and minds hold tension, anxiety and stress and ultimately determine our overall experience of a given yoga practice as well as the extent to which our practice addresses (or neglects) our individual needs and capacities. Nicole co-founded and owns a small community yoga studio, Yoga Mandala, in the heart of Winchester, MA. She has attended several retreats of her own at Karmê Chöling which she now calls her home away from home!

The busyness of life often makes us feel fragmented, disconnected, unable to engage with what matters most or to balance the various parts of our life. Or we may have already committed to a practice that joins mind and body and want a chance for more time and space with that. This four-day retreat, immersed in the peaceful, grounding beauty of Karmê Chöling, offers a chance to experience a yoga practice combining dynamic sequences with restorative postures and periods of mindfulness meditation.

During this retreat, participants will experientially explore the interplay of tension, stress and anxiety as expressed in the body and mind. We will integrate vinyasa (breath-synchronized) yoga sequences (dynamic/yang) with static, introspective yoga poses grounded in breath (restorative/yin), and include periods of seated and walking meditation as a way of cultivating awareness of body and breath to bring us back to the present moment—over and over again.

Designed for everyone who is open to exploring the mind-body connection, with an eye toward choosing what is best for your physical, emotional and mental well-being. Please plan on bringing your own yoga mat, a hand towel, and a notebook and pen.

The retreat begins after dinner on March 31 (please join us for dinner at 6:30) and ends with lunch on April 4.

To register, please email registration@taillofthetiger.org with your name, address, phone number, email address, name of the program and choice of accommodations. You will be contacted for deposit information and confirmation of registration.

\$475 includes meals from the Karmê Chöling kitchen, accommodations extra

Visit www.taillofthetiger.org/yoga_o310.php

