



Tail of the Tiger

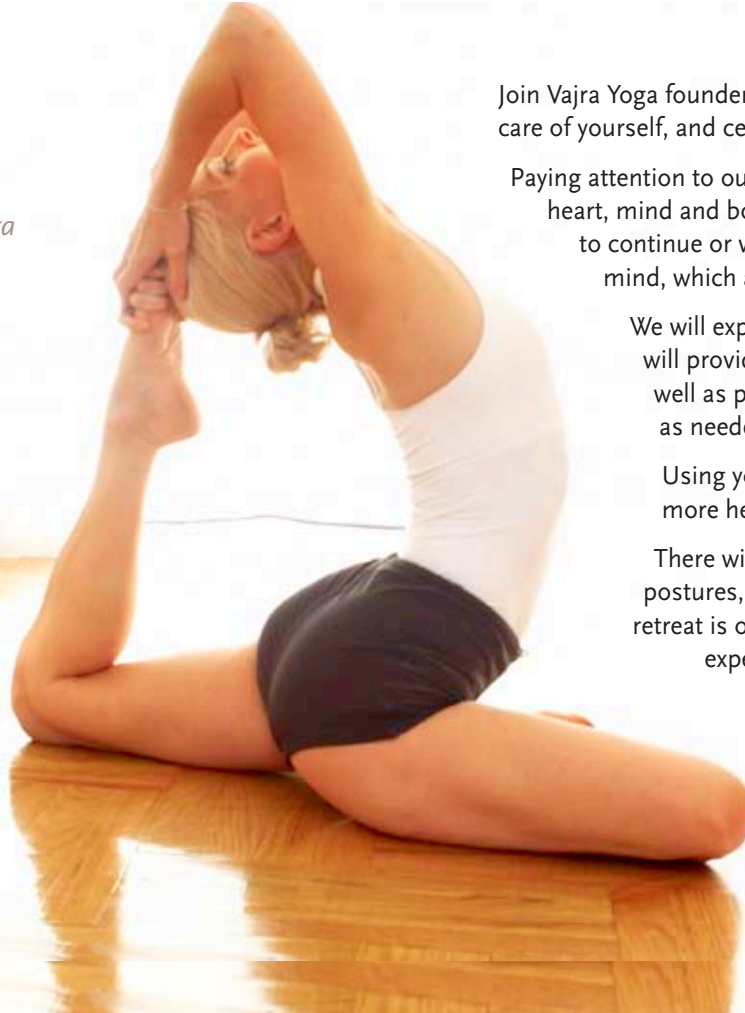


FINDING BALANCE IN OURSELVES AND OUR WORLD

Vajra Yoga and Meditation Retreat

December 26, 2008 – January 1, 2009 with Jill Satterfield at Vermont's Tail of the Tiger

Jill Satterfield
is a seasoned practitioner of the Iyengar method of yoga and Buddhist meditation.



Join Vajra Yoga founder Jill Satterfield for this holiday retreat where your only responsibility is taking care of yourself, and celebrate the New Year.

Paying attention to our experience of presence, we can develop insight about our current state of heart, mind and body. Seeing things as they are we develop choices about what we would like to continue or what we no longer need. From this, we can create better balance in heart and mind, which automatically flows into the body.

We will experience mindfulness meditation sitting still and moving, yoga postures that will provide space for the body mind and heart to come together and communicate, as well as prescriptions for the heart, mind and body that can be taken home and applied as needed.

Using yoga, meditation and humor, we can seek to balance our inner world and be more helpful and available to the outer world as well.

There will be periods of seated meditation, walking meditation and meditation in yoga postures, and opportunities to practice both beginning and advanced asanas. This retreat is open to all levels of practice in both meditation and asana, but a year or more experience of yoga is suggested.

Program Fee: \$595 including meals from the Karmê Chöling kitchen.

http://www.tailofthetiger.org/yoga_1208.html

Visit Jill's web site at www.vajrayoga.com for more information about Jill and her work.