



Tail of the Tiger



FINDING CALM IN THE HEART OF THE MATTER

Vajra Yoga and Meditation Retreat

July 26 – August 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.



Being present with the way things are in this current time of redefining priorities can be overwhelming, scary and exhausting. But, it doesn't have to be if we keep ourselves in the center of the continual storm, rather than be swept up by it. Retreats aren't meant to have us leave everything behind and negate what is happening, but are a break from our busy lives so that we might remember our true nature, tend to our hearts, minds and bodies and re-establish a sense of calm.

Join Jill Satterfield for a few days of taking care – of your body, your mind and your heart. Take this opportunity to re-vitalize, re-fresh, re-juice with yoga practices, meditation practices, watching wonderful documentaries and eating popcorn practices, walking in the woods practice as well as making new friends practice.

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
(accommodations extra)

Call Tail of the Tiger Programs at 802/633-2384 ext. 153 or visit
http://www.taillofthetiger.org/yoga_709.html

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