

A One Day Yoga, Qi Gong and Meditation Retreat

Sat, May 30, 2009

10:00 AM — 6:30 PM

\$57 Registration



at the Ojai Retreat

160 Besant Rd Ojai, CA 93023



One Day Retreat in Ojai: Yoga, Meditation, Qi Gong

During the retreat we will cover:

- Yoga of Joy (Vajrayana Yoga)
- Tibetan/Chinese Qi Gong
- Vajra Wind Breathing
- Healing Mudras
- Meditation
- Mantras — Words Of Power
- Beyond Form Dance

Bring hiking shoes, bathing suit, yoga mat, towel, water and a small back pack

Delicious Organic Raw Lunch Included!

To register contact Mihaela at

805 798-1044 or mihaela@yogamiha.com

OPEN YOUR HEART, enhance your vitality, restore your energy while potentially realizing your full human potential! Immerse yourself in peaceful awareness and centeredness, while connecting to your true source of strength and harmony!

The **Yoga of Joy** practice allows one to revel in the stillness, strength and wonderful euphoria of Vajraiana Yoga and Tibetan Qigong. The only effort required is the willingness to simply relax into the depths of who we already naturally are.