



SOYA Annual Yoga Retreat in Sorrento BC
May 31 - June 2, 2019 *with*

BRENDA L. FEUERSTEIN

LIFE AS A YOGI IN THE 21ST CENTURY

REGISTRATION OPENS JANUARY 1, 2019 AT 6:00am



Join us for a weekend of traditional yogic wisdom as taught by author, yoga philosopher, and Sanskrit scholar, Brenda Feuerstein.

Brenda L. Feuerstein is the founder and director of *Traditional Yoga Studies*, a Canadian company whose primary focus is promoting authentic yogic teachings. Brenda's passion for over 35 years is finding ways to bring these sacred teachings to life in today's world, revealing their relevance in all aspects of life in the 21st century.

The weekend retreat will include:

- ॐ Hatha Yoga practices dedicated to awakening the heart into pure awareness
- ॐ Interweaving wisdom from sacred texts into asana, pranayama & meditation
- ॐ Mind/body practices for trauma, eating disorders, grief & dying
- ॐ Exploring the feminine Divine in us all through meditation & pranayama
- ॐ The Sound of Yoga & the Subtle Body – using that energy in our daily lives
- ॐ Yoga-Nidra – an essential practice for every joy-filled Yogi

Brenda L. Feuerstein is an author and yoga scholar. Her books include *The Yoga-Sutra from a Woman's Perspective*, *Yoga-Nidra/Yoga Sleep (audio recording)* as well as co-authored works with her late husband and spiritual partner Dr. Georg Feuerstein include, *The Matrix of Yoga*, *Green Yoga*, *Green Dharma*, and *The Bhagavad-Gita: A New Translation*. She lives in the quaint village of Eastend, Saskatchewan.

\$295 +gst before March 15th. Meals/rooms/camping at Sorrento Centre.

Visit www.soyayoga.com/events for more information!

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