

Brazil Yoga Retreat

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"Celebrating Our Sacred Selves and the Solstice!"
Vinyasa | Yin Yoga | Kriya Meditation | Acroyoga | Reiki

Contact Information:

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Thank you for your interest in **Celebrating Our Sacred Selves and the Solstice!** a week long **all-inclusive** Yoga Retreat at Fazenda Ambiental Fortaleza, a sustainable organic coffee farm located in Igarai, São Paulo, Brazil.

This document is designed to provide you with basic information regarding the retreat and includes the official registration form. Please **do not hesitate to contact us**, we are here to support you. Our registrar, Maia Chong, is available by phone or e-mail to answer any questions you may have, or to chat about the adventure that awaits you.

An invitation from Sharon Hanson, the Yoga Instructor for our retreat:

Experience the depth and richness of your inner senses and transpersonal being as you connect to your Bliss Body through the art and science of Hatha Yoga. Each morning we will explore lightness of being through grace of movement and breath and connection to Earth through our exploration of body and balance to gravity. Each day there will be a specific focus of yoga. You will be led through demonstration and hands on adjustments through a practice of various styles and techniques proven to bring balance and ease to your mind, body and emotions which will set empowerment and transformation in motion. Each evening's practice will be the place to unravel and decompress through a more restorative Yin practice to find your true home within. Kriya Meditation will be offered at the end of each day.

This yoga workshop is about looking at your yoga practice and relationship to self and others with fresh eyes, turned-on senses and curiosity. Our outer senses will be exploring the natural, exotic beauty of Brazil as our inner intoxicating garden is also revealed.

What? Celebrating Our Sacred Selves and the Solstice! Is a seven (7) day, six (6) night Yoga Retreat which includes comfortable housing, fresh organic meals (breakfast, lunch, dinner, and food for grazing) and two (2) to three (3) yoga classes daily.

Where? Fazenda Ambiental Fortaleza, a family-owned organic coffee farm that sustainably grows crops including coffee, eucalyptus, and bananas. Please visit www.fafbrazil.com to learn about the owners their mission, and philosophy.

When? Saturday, June 19th - Friday, June 25th, 2010

The solstice

is on June 21st

Seven (7) day / six (6) night retreat. Guests have the option to book for an extended stay at Fazenda Ambiental Fortaleza, staying as long as they'd like after the retreat's close.

Cost? \$1,250.00 USD includes Yoga, Organic Meals (3x a day) and Room.