

Shakti Yoga Center

3 Victory Blvd
Staten Island, NY 10301



www.shaktiyoga.com

July 2018 Yoga Retreat With Boris Prana



Boris Prana invites you join him in Yoga Retreat at the Interfaith Peace Temple in Upstate New York from July 27th - July 29th. For a few days, leave behind the duties and responsibilities of everyday life to explore opportunities for personal spiritual growth, health and self-transformation. The Retreat setting is intimate and far away from the noise and business of city life. Its grounds offer a magical 100 acres of walkable woods, fields, ponds with friendly llamas, alpaca's and other farm animals.



This Yoga Retreat Weekend is sure to resurrect your spirit, nourish your soul and restore flexibility to your mind and body in a heart-opening, concentrated three-day format with:

- 1 hour Guided Meditation.
- 2.5 hours Morning Master Yoga Class
- 2 hour Meditative Yoga Class with healing music Mason McDermott
- 1 hour An entertaining exploration of yoga philosophy with Swami Bruce Hilliger (Atmavratananada) - Professor of Philosophy.
- 2.5 hours breath-work with sacred ceremonial cacao from Peru.

Fee: \$525 before June 15th and \$625 thereafter. All inclusive (except transportation).

Expect to leave this Retreat radiating your Inner Divine Light and Joy which is your birthright and the ultimate goal of every yoga practice.

Name _____

Email _____

Cash amount enclosed _____ for _____ number of spaces