

JOY WITH JEHANGIR  
A Yoga Retreat in Central Oregon  
April 30 to May 6, 2017

Come spend a week in Central Oregon where you will find clean air, nature and immerse yourself in Love and Yoga. Our retreat leader will be Jehangir Palkhivala. On our private ranch you will be surrounded by juniper trees, jack rabbits and deer while spending the day doing Yoga. During lunch and after the classes you will have quiet time to be with yourself and with yoga friends.

There are lots of hikes close by. The beautiful Smith Rock State Park is just minutes from the ranch.

Jehangir will be revising “Waking Up”, a series of exercises which help you open out and limber up your mind and muscles for the day ahead. He will take us deeper into the uplifting practice of chanting just one or two Surya Mantras while doing Surya Namaskaras.

His primary focus, however, will be on helping us experience dissolving the small ‘i’ into the large ‘I’. Largely staying with the Mother Sequence and the Prasarita Sequence for our asana practice, he will also teach us how to use the blessing of the Viloma Pranayamas to experience this shift.

He will tell us uplifting stories and introduce us to two exceptionally powerful chants - ‘Tu Hi’ and ‘Anandamayoham’.

We will begin our retreat on Sunday, April 30th at 8:30 a.m. and end Saturday May 6<sup>th</sup> at noon. We will spend 6 hours a day with Jehangir, 2 three-hour sessions with 2 hours for lunch in between. Included with the training will be a vegetarian lunch offered each day prepared by a local chef.

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You will stay at a local hotel in Redmond, Oregon, about 20 minutes from the ranch. A list of hotels and more information about the ranch and the retreat will be provided upon paid registration.

The cost is \$1095, but get a \$100.00 discount by signing up by February 28. You can sign up on the web at [www.yogaonthewall.com](http://www.yogaonthewall.com) or send your check to

Bryan Legere  
2498 S Hwy 97 Suite F  
Redmond OR 97756

For more Information go to [YOGAONTHEWALL.COM](http://YOGAONTHEWALL.COM)

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Jehangir May, 2016

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