

JOY WITH JEHANGIR
A Yoga Retreat in Central Oregon
April 29 to May 5, 2018



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 us open out and limber up our minds and muscles for the day ahead. He will take us into the uplifting practice of chanting Om Pushne Namah while doing Surya Namaskaras.

His primary focus will be to help us experience the power of surrender. He will teach us the softened Mother Sequence, where all the asanas are done supported by bolsters. Not only does this make it restorative and comfortable for anyone at any ‘age’, but also allows us to feel the blessing of surrender in our physical bodies.

He will teach us how to release ‘knots’ held in our bellies, and how to chant the Tryambakam chant to Lord Shiva and the Ya Devi chant to the Universal Mother, which may further put us in this state ‘that passeth all understanding’.

We will begin our retreat on Sunday, April 29th at 8:30 a.m. and end Saturday May 5th 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.

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 \$1,195, but get a \$200.00 discount by signing up by January 31. Please send your check to

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Bryan Legere
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Redmond OR 97756

Or Call 775-781-0468 to pay with a credit card.

For more Information go to YOGAONTHEWALL.COM

Jehangir April/May, 2018

Name _____

Email Address _____

Address _____

Phone # _____