

SUMMER'S PEACE

A Yoga & Ayurveda Retreat

With Traci Joy Burleigh

June 1 - June 4, 2017



TAKE RETREAT

Zazen Center
on Orr Springs Rd in Mendocino Co.

Welcome a new season of fire and brightness by taking time to relax, vision, be in nature, and dedicate to your inner journey. We will be pausing, taking time out of time to refocus our values, take respite from busyness, and prioritize practice without distractions. The oak groves and redwoods, rolling meadows, stunning views, and the simple accommodations of Zazen Center inspire this deep breath and calm.

In addition to yoga asana, pranayama, mudra, dharma, and meditation, we will be focusing on the seasonal Ayurvedic themes of befriending and balancing the elements of fire and air as we move into summer - bringing purpose to a time of outward strength and vitality to remain grounded and joyful, and avoid burnout.

Daily meals of fresh, organic, Ayurvedically inspired foods, served to you to support health and nourishment for 2 daily practices of movement. The retreat will include free time each day to choose hiking, bodywork, napping, or tea with friends.



Retreat Details

- 4 days, 3 nights in shared or private accommodations
- Three organic, Ayurvedically tailored meals a day
- Two extended practices daily including asana, meditation, and pranayama
- Ayurvedic education and goodies
- The schedule will include free time for you to find quiet or community and explore the beauty of the land and sea

Cost

\$650-\$800/per person depending on accommodation



Questions & Registration

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www.artsofbalance.com