



A YOGA RETREAT IN NARAMATA with **Rod Stryker**  
from Colorado, USA  
Friday 6pm to Sunday 1pm **June 11-13, 2010**

**SUN, MOON and FIRE: AWAKENING THE TRUE POWER OF YOGA!**

*The ancient tradition of Tantra maps the entire spectrum and sacred journey of Hatha Yoga. In this retreat we explore Tantra's approach to yoga, one that yields the greatest capacity to attract happiness and success at every level. According to the ancient teachings, there are three essential stages to practice: Moon, Sun, and Fire or mind, energy, and spirit. Furthermore, it's vital to adjust your practice (including the specific asanas, breath, bandhas, and our overall approach to yoga), depending upon which one of these three dimensions you intend to affect.*

Some of the content and practice include:

- An overview of the tantric approach to yoga
- An asana, pranayama, and meditation practice for each of the three essential approaches: Moon, Sun, and Fire, along with a detailed discussion of each.
- The keys to awakening vitality, passion, and power, as well as activation in the world.
- The keys to becoming established in a rhythm of healing, peace, and wisdom. Practices to awaken hidden intelligence, intuition, and stillness.
- The keys to awakening inner fire—the force of Spirit and activating the dormant forces within the spine.



**Rod Stryker** is the founder of ParaYoga® and widely considered one of the country's leading yoga and meditation teachers. Rod has taught for nearly thirty years, leads retreats, workshops, and trainings worldwide. He is one of few American teachers today transmitting an ancient tradition, one that has been handed from teacher to student for literally thousands of years. "Para" means supreme, highest, the culmination of all effort. ParaYoga® offers students of all levels access to the complete range and sacred power of Yoga. Its approach is based on the Six Gems™, ancient concepts that unlock "supreme" accomplishment in practice, as well as, life.



**Saturday evening Kirtan with Matthew Marsolek of the Drum Brothers!**

**RETREAT without meals or accommodations at Naramata Centre:**

**Early Registration BEFORE March 1st:** \$280 + gst **Registration AFTER March 1st:** \$330 + gst

**FULL RETREAT: includes meals & shared accommodations at Naramata Centre**

**Early registration BEFORE March 1st:** \$464 + gst **Registration AFTER March 1st:** \$514 + gst

**NOTE:** camping & private accommodation options are outlined on the registration form

**REGISTER:** Bob or Mugs McConnell at 250-492-2587 or [info@soyayoga.com](mailto:info@soyayoga.com) [www.soyayoga.com](http://www.soyayoga.com)

**LOCATION:** Naramata Centre, 3375 3<sup>rd</sup> St, Naramata BC. V0H 1N0 [www.naramatacentre.net](http://www.naramatacentre.net)