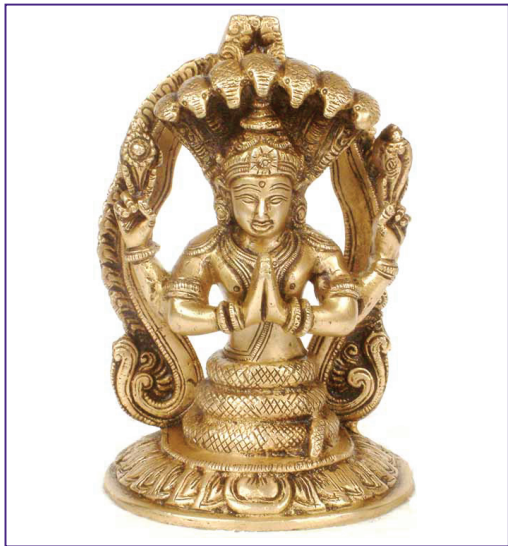


Oct 8-10, 2010 | Ananda Tandava Retreat Center - Howard, CO

Anusara Yoga & Philosophy Retreat:

Exploring Patanjali's Yoga Sutra

with Cindy Lusk



You are invited to a weekend of philosophy study, yoga asana, and community in one of the most beautiful retreat centers in Colorado! We will study Patanjali's Yoga Sutra, the definitive text of Classical Yoga and a must know for all students of yoga.

This retreat will include:

- introduction to the historical context of the Yoga Sutra
- journaling, contemplation and discussion of major teachings from the text
- daily yoga asana classes
- time to enjoy each other and our beautiful setting
- delicious vegetarian meals.

Be prepared to enjoy a total heart, mind, and body experience!

Registration and Information

- Retreat check-in starts at 2 Friday, first session begins 3:30; Retreat ends after lunch on Sunday
- \$265 includes instruction and all meals; housing is extra
- **Preregistration Required:** contact Cindy at clusk@mindspring.com
- Upon registration, you will receive recommended reading list
- Ananda Tandava is located in the Arkansas River Valley, just 12 miles from Salida, see www.jamieallisonyoga.com (Ananda Tandava page) for some breathtaking images!
- Limited housing is available at Ananda Tandava for \$25-\$60 night; contact jamieomzone@aol.com; off site housing is also available, see www.jamieallisonyoga.com (Ananda Tandava page)

About Cindy

Cindy Lusk, Ph.D. has been practicing yoga since 1985, studying extensively with John Friend and Richard Freeman. She has been teaching since 1994 in Boulder, CO and nationally, and is a certified Anusara teacher since 2002. Cindy is an avid student of yoga philosophy and has studied extensively with leading tantric scholars Douglas Brooks and Paul Muller-Ortega. Cindy's teaching is precise and joyful, with an emphasis on aligning body, mind, and spirit.

