



Samyoga Institute

the teacher training subsidiary of
ShivaShakti Synthesis, LLC

The bi-annual Samyoga Institute Yoga and Ayurveda retreat at the St. Francis Spirituality Retreat Center is coming up soon. This retreat begins with dinner on Friday, May 18 and finishes at noon on Sunday, May 20, 2018. The theme of the weekend is "Spring Cleaning." Participants will learn how to assess an individual's ayurvedic type or dosha, establish a daily routine incorporating yoga and ayurveda to maintain well-being, and learn how to vary this routine according to the individual's constitution and the season of spring. We will also explore in-depth how to use yoga postures, breath practices, and meditations to maintain balance as well as enjoy an uplifting evening of chanting. There will also be time to walk, explore, rest, journal and connect.

The cost of this weekend is \$160.00 plus room and board (\$170.00 for room and meals). The facilitators for the weekend are Janice George, E-RYT-500/LISW/ALC; Sat Puran E-RYT-500, C-IAYT, Ayurvedic Practitioner; Joy Lawrence, RYT-200/LMT/ALC and Emily Arnold RYT-500, C-IAYT, LMT.

For more information, please contact Sat Puran at sat@sam.yoga or Patty Kimball at patty@sam.yoga.

The schedule for the weekend is below.

Friday, May 18, 2018

5:00 - 6:30pm	Check in and dinner
6:30 - 7:00pm	Welcome Gathering
7:00 - 7:15pm	Chanting, Om Namah Shivaya – the mantra of purification and transformation
7:15 - 8:00pm	Somatics Yoga
8:00 - 8:45pm	Yoga Nidra
8:45 - 9:00pm	Fire Offerings

Saturday, May 19, 2018

6:30-8:00am	Morning Yoga - A Detoxifying Practice for Spring
8:00 - 9:00am	Breakfast
9:00 - 10:30am	"Spring Cleaning" foods, herbs, cleansing techniques from Ayurvedic perspective
10:30-11:00am	Break and stretch
11:00 - Noon	The 6 tastes, "Spring Cleaning" continued
12:00-1:00pm	Dinner
1:00-2:00pm	Ayurvedic assessment
2:00- 6:00pm	Free Time and supper (5-6)
7:00- 9:00pm	Partner Stretching, Bhakti Yoga and Kirtan at Gem Yoga studio

Sunday May 20, 2018

6:30-8:00am	Morning Yoga – A Practice for Transitional Periods
8:00 - 9:00am	Breakfast
9:00 - 11:00am	Yoga for Your Type
11:00 - 11:15am	Break
11:15 - Noon	Meditations for Transitional Periods and Closing Circle