



KUNDALINI YOGA & ROPES COURSE

Saturday, July 8, 2006

10:00 - 4:00pm

\$50.00

Leggett School

DIRECTIONS TO LEGGETT SCHOOL:

From Garberville, South on 101; Right turn onto Highway 1; Immediate left into Leggett; First right down alley between store and yard, follow to school and ropes course. We encourage carpooling.

What to expect:

Our day begins with awakening our body, mind and spirit with Kundalini Yoga and meditation, allowing us connect to the depth of our power and identity. Enjoy lunch that you especially made for yourself in the company and grace of your fellow participants. In the afternoon, we'll actively apply the yoga of staying centered in a custom challenge course co-creating a safe space for self and group dynamic exploration during activities providing group and individual challenges.

Please communicate interest by June 8th.

Confirm participation by registration and deposit of \$25.00 by June 21st.
Please send to Nonae Sears, 2231 Red Rock Road, Garberville, CA 95542.

FOR QUESTIONS AND REGISTRATION, CONTACT:

Nonae Sears 707-923-1676 or Sierra Knolle 707-223-0433, smknolle@yahoo.com