



Youth Yoga Dharma presents a benefit event:

A Day of Peace

Yoga & Meditation daylong retreat

with Ajahn Pasanno & Cator Shachoy

Sunday, October 4, 9am – 5pm

Mindfulness Care Center,

42 Gough St, between Market & Otis, SF, CA 94109

We are happy to have Ajahn Pasanno back with us for a day of mindfulness meditation & Yoga. Abbot of Abhayagiri Monastery in Redwood Valley, Ajahn Pasanno has been a Buddhist monk for 40 years. It is a special opportunity to spend time with Ajahn in The City. Please join us for this day! The schedule: Morning meditation led by Ajahn Pasanno, followed by a 2-hour yoga class with Cator. Lunch break from 12-1:30 pm includes a traditional meal offering. Please bring a food offering to share with Ajahn Pasanno & others. The afternoon will include sitting and walking meditation, dharma reflections, Q&A. **This retreat is open to anyone with an interest in yoga & meditation. No previous experience necessary.**

Retreat fee: In the Buddhist tradition, this event is offered freely to all. Donations are gratefully accepted & are tax-deductible. Proceeds benefit Youth Yoga Dharma, a 501c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation: www.youthyogadharm.org. Tax receipts are available for contributions.

No Advance Registration – Just show up for this day.

Questions?? Contact Cator Shachoy – catorshachoy@gmail.com / 415.235.9380

***Ajahn Pasanno** took ordination in Thailand in 1974. During his first year as a monk he was taken by his teacher to meet Ajahn Chah, with whom he asked to be allowed to stay and train. One of the early residents of Wat Pali Nanachat, the International Forest Monastery of Ajahn Chah's, Ven. Pasanno became its abbot in his ninth year. During his incumbency Wat Pali Nanachat developed considerably, both in physical size and in reputation, and Ajahn Pasanno has become a very well-known and highly respected monk and Dhamma teacher in Thailand. Ajahn Pasanno moved to California on New Year's Eve of 1997 to share the abbotship of Abhayagiri Buddhist Monastery.*

***Cator Shachoy** is the founder of Youth Yoga Dharma – www.youthyogadharm.org. She began the practices of mindfulness, yoga, and Energy Healing in 1990 to heal chronic illness. Through the regular practice of these disciplines, she recovered her strength and vitality. Cator has practiced mindfulness meditation extensively with leading western teachers & Asian Masters. She completed yoga teacher training at the Iyengar Yoga Inst. of SF & Kripalu Yoga Center, and is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught both adults and youth in San Francisco since 1995. She is a Craniosacral Practitioner with a private practice treating Adults, Children, & Infants. – www.catorshachoy.com.*