

Cultivating Balance within Ourselves

A Yoga, Meditation, & Energy

Healing Retreat for Women

with Cator Shachoy

@ Sierra Hot Springs

Friday, July 24-Sunday, July 26, 2009

Women are often the nurturers & caregivers - those who build connection and bring balance within the community. But how do we create balance within ourselves? The practices of yoga and meditation can show us how. Tibetan Buddhism acknowledges *Wisdom* as the feminine aspect, and *Compassion* as the masculine aspect rising out of the vessel of the feminine (Wisdom). Similar to Yin & Yang, each one of us has the capacity to cultivate both of these qualities. This allows us to go beyond the ideas of man and woman, male and female. We can stop looking outward to our relationships to balance us. Instead, we can look inward, and find a balance within ourselves. The balance we cultivate within will touch everyone we meet, everything we do, & stay with us wherever we go - helping to support the balance of the greater world community. Come and explore in the safety of the company of other women.

This retreat will include Iyengar-style yoga classes on Friday afternoon, Saturday, and Sunday mornings, in addition to morning and evening periods of meditation, with a playful energy healing session on Saturday afternoon. There will be free time for personal reflection, hiking, soaking, journaling or individual practice. We practice with periods of silence and periods of sharing during this weekend. This is an excellent opportunity to deepen your practice in a beautiful natural setting and supportive environment. Open to women with 6 months experience with yoga.

Retreat Costs: \$275 by July 1 (\$300 after). \$150 Deposit reserves your place (\$50 non-refundable). Retreat limited to 16 participants. Final payment is due at course opening. Fee includes retreat & camping or sleeping bag space. Other accommodations are available for an additional fee directly through Sierra Hot Springs (www.sierrahotsprings.org) – dorm room, double or single occupancy. *Meals are not included* – you can bring and prepare your own food in the common kitchen, or buy breakfast & dinner in the reasonably priced restaurant on site. Plan to arrive between 2-4 pm on Friday. The retreat will end by 3pm on Sunday. Sierra Hot Springs is located in the Tahoe area, just north of HWY 80.

To Register- Call 415 235 9380/email catorshachoy@gmail.com

Please complete the Registration Form on the back side of this sheet.

Mail completed registration form & deposit to: PO BOX 3452, Daly City, CA 94015

Cator Shachoy weaves together the practices of Yoga, Buddhist meditation, and Energy healing to form a complete path to wholeness. She began to study these disciplines in 1990 as the result of chronic illness. Through her own practice, Cator recovered her strength and vitality. Since 1995 she has taught and healed adults and youth through classes, workshops, and private practice. Cator is a Master Practitioner @ Kabuki Spa, and the founder of Youth Yoga Dharma, a 501c-3 nonprofit organization dedicated to offering youth the skills of yoga & meditation (www.youthyogadharm.org). She completed teacher training at the Iyengar Yoga Institute of San Francisco, and has studied closely with Senior Iyengar teachers for over a decade. She is a certified practitioner of Visionary Craniosacral Bodywork, with additional training in Pediatrics, and is a Mindfulness Based Stress Reduction Teacher. In her teaching, Cator emphasizes the potential for healing body, mind, & heart through mindful awareness. She delights in sharing these practices which inspire her life. Learn more about her work @ www.subtlebodyhealing.net