

Turning Toward the Light Within

A Solstice Daylong Retreat

with Cator Shachoy

Sunday, December 21, 10am – 5pm

Mindfulness Care Center- <http://www.mindfulnesscare.org>

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

On the shortest day of the year, let's turn inward and prepare for the return of the light. The solstice is traditionally a time to reflect on the year that has passed, and set intentions for the year to come. Join us for a day of peaceful community and personal renewal in the busy season of light.

Daylong schedule

10–12pm: Yoga & meditation

12-1:30pm: Potluck lunch offering

1:30-5pm: Silent sitting & walking meditation with sharing circle

You are welcome to attend any portion of the day. Please arrive or depart during transition times. No previous experience with yoga or meditation needed. Please bring a vegetarian offering of prepared food for the meal. In the tradition of generosity, this day is offered freely to all. You are invited to make a donation.

No Advance Registration – Just show up for this day.

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

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.