



*Youth Yoga Dharma presents a benefit event:*

# *Harmony of Mind & Body*

*with Ajahn Pasanno & Cator Shachoy*

**Saturday, May 15, 2010, 9 am – 5 pm**

**Bija Yoga Studio, 1348 9th Ave. (@ Irving St.),  
San Francisco**

We are happy to have Ajahn Pasanno back with us for a Day of Mindfulness & Yoga. Co-abbot of Abhayagiri Monastery in Redwood Valley, Ajahn Pasanno has been a Buddhist monk for 35 years. This is one of just a few public events offered this year with Ajahn. 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 in GG park – weather permitting. Please bring a food offering to share with Ajahn Pasanno. 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. All proceeds benefit Youth Yoga Dharma, a 501c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation: [www.youthyogadharma.org](http://www.youthyogadharma.org). Tax receipts are available for contributions.*

*To Register: [www.youthyogadharma.org](http://www.youthyogadharma.org) / Email: [info@youthyogadharma.org](mailto:info@youthyogadharma.org)  
or call (650) 992-9642*

**Space is limited to 30 participants — Advance registration recommended**

*Due to limited space, a \$25 deposit is requested for advance reservation.*

*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 Pah Nanachat, the International Forest Monastery of Ajahn Chah's, Ven. Pasanno became its abbot in his ninth year. During his incumbency Wat Pah 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 abbotsip of Abhayagiri Buddhist Monastery.*

*Cator Shachoy is the founder of Youth Yoga Dharma. She began the practices of yoga, Buddhist meditation, and Energy Healing in 1990 as the result of chronic illness. Through the regular practice of these disciplines, she recovered her strength and vitality. Cator has practiced Vipassana 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, and maintains a private practice in Craniosacral Bodywork.*