



Fall Yoga Day Retreat

The Awakened Heart

with
Gail Stepanek (Suvani)

Sunday, September 19, 2010

10:00 AM to 4:30 PM

MA Center, Amrita Hall

10200 Crow Canyon Road

Castro Valley, CA 94552

Fees

General Public: \$50 CCSF Students: \$40

Advanced registration before Sept. 11: \$40

For information

Visit www.amma.org/events/yoga-retreat.html

Email events@ammachi.org

Call 510-537-9417 EXT 431

See reverse for how to register and for directions.

Shuttle pick-up from BART

RSVP for a 9:15 AM pick-up at Castro Valley BART.

See reverse for more about Gail Stepanek

Day will include

10:00 AM–12:00 noon

Hatha yoga and
pranayama

12:00–1:30 PM Lunch break
& optional chair massage

1:30–2:00

Walking meditation

2:00–4:30

Chanting, discussion and
sitting meditation

4:30 Tea

Items to bring

- Yoga mat or large towel
- Light blanket
- Loose fitting clothes suitable for movement
- Small cushion for meditation

This Retreat Will Offer

the opportunity to relax, rejuvenate the body, calm the mind, and open the heart. It will take place in a beautiful natural setting with time to reflect and enjoy nature. A vegetarian lunch will be included (chair massage will also be available during the lunch break at an additional charge). All fees from the retreat will be donated to charity projects worldwide.

The morning session will include hatha yoga postures and pranayama (breathing exercises) to strengthen and revitalize, bring flexibility to the body and relaxing both body and mind. Moving from the heart and receptivity to divine love and grace will be emphasized. The afternoon session will include a walking meditation, chanting, discussion, and several sitting meditations.



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How to register

Web www.amma.org/events/yoga-retreat.html
Fax Download and print a registration form at
www.amma.org/events/yoga-retreat.pdf
and fax it to 510-217-2286
Mail Mail a check or money order
(payable to MA Center) to:
MA Center Yoga
PO Box 613, San Ramon, CA 94583

Fees

General Public: \$50
CCSF Students: \$40

Or register before Sept. 11th:

General Public: \$40

To RSVP for a shuttle pick-up at Castro Valley BART or for more information please contact us at:

events@ammachi.org or call **510-537-9417 EXT 431**.

This workshop is for all levels. *Bring your own yoga mat or towel, a light blanket, a journal or art pad for writing and drawing, and a small cushion for meditation. Wear loose fitting clothes.*

Driving directions to M.A. Center

10200 Crow Canyon Road, Castro Valley
510-537-9417

From the West

Going east on 580 take Crow Canyon Rd./Center St. exit in Castro Valley. Go left on Center St., right on Castro Valley Blvd. and left on Crow Canyon Rd. Go 5 miles and turn left onto a blacktop driveway and follow our posted signs from there.

From the East or North

Take I-80 west to 680 south. Take Crow Canyon Rd. exit in San Ramon and go right on Crow Canyon Rd. for 3 miles. Turn right onto a blacktop driveway and follow our posted signs from there.

From the South

Go north on 680 to Crow Canyon Rd. exit in San Ramon. Go left on Crow Canyon Rd. for 3 miles. Turn right onto a blacktop driveway and follow our posted signs from there.

From the Castro Valley BART

As you exit the BART station on Norbridge Ave, turn left on Redwood Rd. and then right at your first light which is Castro Valley Blvd. Go through several lights on Castro Valley Blvd., and the first light after Center St. is Crow Canyon Rd. Go left on Crow Canyon Rd. for 5 miles. Turn left onto a blacktop driveway and follow our posted signs from there.

Gail Stepanek (Suvani), MA

Suvani has been teaching and practicing yoga, meditation, and dance for over 35 years. She was a professional modern dancer and choreographer in New York where she directed her own dance company for 16 years. Suvani is a certified yoga instructor who has studied the styles of Sivananda Yoga, Integral Yoga, Ashtanga Yoga, and Anusara Yoga.

She has taught in universities, colleges, studios, ashrams, and yoga centers throughout the U.S., Europe, and India. Suvani is currently an Instructor in Yoga at City College of San Francisco and teaches privately in the Walnut Creek area where she lives.