

JoAnn Evans, ERYT-500, has been teaching Yoga for 37 years. Before moving to Florida 30 years ago, JoAnn operated a successful studio in the D.C. area. At the Yoga Center of Deerfield Beach, she teaches hatha yoga, stress reduction, meditation, Bhagavad Gita classes, and directs the Teacher Training. Hundreds of students have completed her teacher training classes in south Florida and Maryland.

Her yoga classes draw students from all over the country. JoAnn's unparalleled style of teaching Raja Yoga combines postures, breathing techniques, and meditation with methods to incorporate the philosophy of yoga into daily life. Her knowledge of anatomy enables her to effectively teach beginners as well as the most advanced students. Her wisdom, kindness and wit create a stimulating and warm environment for her students.

Louise Goldberg, MA, ERYT-500, has been teaching Yoga for 30 years and has been a massage therapist for 25. She teaches hatha yoga, chakra study and philosophy, and is the anatomy instructor for Yoga Teacher Training at the Yoga Center of Deerfield Beach. Her advanced trainings focus on yoga therapy. Louise's program Creative Relaxation® for children with autism and special needs is used internationally. She has authored articles, yoga curricula, CD's and a DVD.

Her keen understanding of the body and love of movement enable her to challenge more advanced students while creating adaptations for those with special needs. Louise's gentle acceptance, easy laugh, and astute insight create a teaching style of compassion and intelligence.

The DaySpring Retreat Center
8411 25th St. E
Parrish, Florida 33219
(941) 776-1018

Airport: Sarasota/Bradenton Inter'l

Directions*: **I-75** toward Naples. From I-75, Take exit 224 (Ellenton Palmetto). At bottom of the ramp, turn left onto US HWY 301 North (heading east). Go approximately 1.5 miles and look for Harris Medical Center on the right and the green gas station. Turn right onto 80th Avenue E. (a small sign) Then take the 2nd left –25 St E—and then an immediate right into DaySpring. If you've reached the Publix plaza, you've gone too far. (*Use these directions; Mapquest may be incorrect.)

The moment you enter DaySpring's 92 acres tree-covered sanctuary, you'll feel transported to a natural preserve of old Florida. Located on the Manatee River, there are beautiful nature paths for exploring. An outdoor chapel overlooks a peaceful riverside estuary, and the indoor chapel is always open for prayer and meditation.

Want more information?

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JoAnn Evans

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The Royal Way

Raja Yoga

"Yogas Citta Vrtti Nirodhah"

Yoga is the stilling of the
thought-waves of the mind

Patanjali's Yoga Sutras 1:2

Join us as for an exploration
of the Yoga Sutras

February 2-5, 2012

Thursday through Sunday

A weekend of hatha yoga,
meditation and discussion

*The diverse paths of
Yoga were blended
together into one
harmonious Way. This
guide to self-mastery,
Raja Yoga, was set forth
in the Yoga Sutras
of Patanjali.*

The concentration of the true
spiritual aspirant is attained
through faith, energy,
absorption, and illumination.

Patanjali's Yoga Sutras: 1:20

JoAnn and Louise invite you to our thirteenth annual retreat at the DaySpring Retreat Center in Ellenton, Florida. We invite you to join us for a reflective weekend of hatha yoga, meditation, and study. Students of all levels are welcome.

Retreatants will reside in small cottages or a guesthouse nestled in the trees. Each cottage has 4 private bedrooms with private baths and a sitting room and small kitchen area. The newly renovated guest houses have a lovely deck, private bedrooms and shared baths. Delicious vegetarian meals are served buffet style in the dining hall. Fresh fruit, soup, and salad are available at lunch and dinner.

Dress is casual and comfortable. All linens are provided. Please bring your **yoga mat, meditation cushion, sun and rain gear, a reliable bug repellent and flashlight.** If you wish, bring some **extra padding** for the yoga floor and a copy of Patanjali's **Yoga Sutras** for discussion and reading.

Mornings we will meditate in the **outdoor** chapel, and evenings will be **outside** around the fire circle or the indoor chapel.

To facilitate your inward journey, we have a day of silence (*mauna*) on Saturday until the dinner hour. We ask you to keep the bedroom area quiet at all times

DaySpring offers several miles of wooded trails for hiking and jogging. They provide bicycles, a fleet of canoes and kayaks for trips on the Manatee River, and many quiet sitting areas throughout the grounds.

SCHEDULE of ACTIVITIES

THURSDAY

3:00 – 6:00pm: Arrival and registration
6:00pm: Dinner
7:00: Introductions 8:00:Gentle Yoga
9:30: Meditation

FRIDAY and SATURDAY

7:00Morning Meditation (outside)
8:00Breakfast:
10:00Hatha Yoga:
: 1:00Lunch and Free Time
3:00Program
4:30: Hatha Yoga
6:30: Dinner
8:00: Discussion
9:30: Evening Meditation / Fire Circle

SUNDAY

7:00: Morning Meditation
8:00 Breakfast
10:30: Hatha and Meditation
1:00 – 2:00 :Lunch and Departure

FEE:

Complete program is \$625, including private room, all classes, meals, and special programs.

To reserve your place, please send the registration form and \$325. (This includes a non refundable deposit of \$75.)

Please make checks payable to Louise Goldberg. The balance (\$300) is due by January 14th.

No refunds after January 14, unless we can fill your space.

(\$25 administrative fee non-refundable)

The Royal Way

Raja Yoga

February 2-5, 2012

REGISTRATION FORM

NAME _____

ADDRESS _____

HOME PHONE _____

CELL _____

E-MAIL _____

Cottage or Guesthouse _____

INTERESTS, QUESTIONS, SPECIAL NEEDS

Please include this form with your deposit of \$325 and send to

Louise Goldberg
PO Box 93-6123
Margate, FL 33093
Telephone: (954) 977-5035

Thank you. We look forward to sharing this special program with you!