



*Journey Through the*  
**CHAKRAS**

Ground yourself. Strip yourself  
down to blind loving silence.

Stay there until you see  
you are gazing at the Light  
with its own ageless eyes.

Rumi  
(Trans. A. Harvey)



Photos: Barb Remley

A weekend of Hatha Yoga,  
meditation and discussion

Thursday, February 23 - Sunday, February 26, 2017

DAYSPRING RETREAT CENTER • ELLENTON, FL





# *Journey Through the* **CHAKRAS**

JoAnn and Louise invite you to our eighteenth annual retreat at the DaySpring Retreat Center in Ellenton, Florida. Please 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 guesthouses 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, kitchen, 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. You may want some extra padding for yoga class and a copy of The Bhagavad Gita, Upanishads, The Yoga Sutra, or a book on the spiritual aspects of chakras for discussion.

Morning meditation is held in the beautiful outdoor chapel. Evening meditation is in the indoor chapel or around the fire circle.

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 areas 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.

**JoAnn Evans, ERYT-500**, has been teaching Yoga for 40 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 200 Hour 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 35 years. She teaches hatha, yoga therapy, anatomy, chakra study, and philosophy, and is the director of the Yoga Center of Deerfield Beach. She is the author of *Yoga Therapy for Children with Autism and Special Needs* (Norton, 2013) and *Classroom Yoga Breaks* (Norton, 2017). Creative Relaxation®, Louise's program for educators and therapists for children with diverse challenges, is used internationally.

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.

**Joy Weissman, RYT-500**, treats us to a Yin Yoga class on Saturday at 4:00pm.

## SCHEDULE OF ACTIVITIES

### THURSDAY

3:00–6:00pm: Arrival & Registration  
6:00 Dinner  
7:00 Introductions - Lounge  
8:00 Gentle Yoga - Yoga Room  
9:30 Meditation - Indoor Chapel

### FRIDAY & SATURDAY

7:30 Morning Meditation - Outside  
8:00 Breakfast  
10:00 Hatha Yoga  
12:00 Lunch and Free Time  
2:00 Program  
4:00 Hatha Yoga  
6:00 Dinner  
7:30 Discussion  
9:00 Evening Meditation

### SUNDAY

7:30 Morning Meditation  
8:00 Breakfast  
10:00 Hatha and Meditation  
12:00 Lunch and Departure

### The DaySpring Retreat Center

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

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 river-side estuary, and the indoor chapel is always open for prayer and meditation.

### Want more information?

Louise Goldberg  
954-977-5035 • 954-579-1604 cell  
louise.retreat@gmail.com  
P.O. Box 93-6123, Margate, FL 33093

JoAnn Evans  
954-946-8101  
evans2021@bellsouth.net

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meditation and discussion

**February 23-26, 2017**

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Complete program is \$660, including private room,  
all classes, meals, and special programs.

To reserve your place, please send the registration  
form and \$360. (This includes a non-refundable  
deposit of \$85.)

Please make checks payable to Louise Goldberg.  
The balance (\$300) is due by February 1, 2017.

No refunds after February 7, unless we can fill your  
space. (\$40 administrative, fee non-refundable)

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

**Airport:** Sarasota/Bradenton International

**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. (small sign) Take the 2nd left –25 St E—and an immediate right into DaySpring. If you've reached the Publix plaza, you've gone too far.

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**REGISTRATION FORM: Journey Through the Chakras • February 23-26, 2017**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

E-MAIL \_\_\_\_\_  Cottage  Guesthouse

INTERESTS, QUESTIONS, SPECIAL NEEDS \_\_\_\_\_

Please include this form with your deposit of \$360 and send to  
Louise Goldberg • PO Box 93-6123, Margate, FL 33093 • 954-977-5035  
PayPal deposits may be made to [louise.goldberg@gmail.com](mailto:louise.goldberg@gmail.com).  
Thank you. We look forward to sharing this special program with you!