



### YOGA & CEREMONY RETREAT

**Lorraine Aguilar , PT, ERYT 500** is the director/ founder of Yoga Flow Studio in Glen Head, N.Y. where she has a successful private practice and offers alignment centered yoga classes, Teacher trainings and workshops in Anatomy for yoga. She has been a practicing Physical Therapist since 1991 and loves weaving together her expertise in yoga therapeutics and orthopedic manual therapy. Lorraine has been dedicated to the art of teaching yoga since 1995 and was an Anusara Inspired teacher for 13 yrs. She currently studies at the Iyengar institute in NYC.

**Diana Ross, E-RYT500**, Certified TriYoga teacher and co-founder of Breast Cancer Yoga started her yoga journey in 1969 and has deepened it throughout the years; studying with many yoga masters. Her primary long time teacher is Yogini KaliRay. She has traveled extensively to study with Kaliji all over India. Currently as the co-founder of Breast Cancer Yoga she shares a therapeutic beginners and restorative yoga practice with women in recovery.



### MENLA MOUNTAIN RETREAT

What Makes Menla Mountain Retreat so special? Besides having wonderful yoga studios, a meditation sanctuary, a vintage barn, a fitness center, extensive hiking trails, tennis courts, and a swimming pool it embraces the ultimate in a spiritual experience.

Menla is a serene sanctuary located in a 320 acre valley in the Catskill Mountains of New York state. Surrounded by a national forest preserve, it offers a wondrous and tranquil experience with fresh mountain air, abundant wildlife, and a natural exquisite landscape.

JUNE 19 -22, 2014  
MENLA MOUNTAIN RETREAT  
375 PANTHERKILL RD, PHOENICIA,  
NEW YORK, 12464  
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# YOGA & CEREMONY RETREAT

JUNE 19 - 22, 2014



### IN THE SPIRIT OF FIRE

Join Lorraine and Diana as they present and perform Yoga & Ceremony during the Summer Solstice weekend in the powerfully spiritual and healing Catskill mountains. During this long weekend - Yoga, Meditation, Pranayama and Kirtan will be blended with Native American Chanting, Morning Tobacco prayers and Sweat Lodge Ceremony.



# In The Spirit Of Fire

## SCHEDULE

Join us on this special summer solstice weekend and learn to live a life in harmony with Nature.

### THURSDAY, JUNE 19TH

4:00 – 6:00pm Arrival and Check-In  
 6:00 – 7:15pm Dinner & Orientation  
 7:45 – 9:00pm Opening Ceremony

### FRIDAY, JUNE 20TH

7:00 - 8:00am Silent Breakfast  
 8:15 - 9:15am Beginners Yoga  
 9:30 - 11:30am Tobacco Ceremony & Morning Yoga  
 12:00 - 1:15pm Lunch  
 1:30 - 4:00pm Break (great for hiking, using the spa or resting)  
 4:00 - 5:30pm Afternoon Restorative Yoga Flow  
 6:00 - 7:15pm Dinner  
 7:45 - 9:00pm Evening Kirtan with Shyama and drummer

### SATURDAY, JUNE 21ST

7:00 - 8:00am Breakfast  
 8:15 - 9:15am Beginners Yoga  
 9:30 - 11:30am Tobacco Ceremony & Morning Yoga  
 12:00 - 1:15pm Lunch  
 1:30 - 4:00pm Afternoon Break  
 4:00 - 5:30pm Afternoon Restorative Yoga Flow  
 6:00 - 7:15pm Dinner  
 7:45 - Evening Sweat Lodge with Peter Blum "Owl Flies True"

### SUNDAY, JUNE 22ND

7:00 - 8:00am Breakfast  
 9:15 - 11:30am Morning Yoga, Tobacco Ceremony and Closing Ceremony  
 11:45 - 12:30pm Lunch  
 1:00pm Depart

## TALENT PROVIDED BY:

We have the distinct pleasure of Peter Blum "Owl Flies True" to lead us in the Sweat Lodge Ceremony, and Shyama to lead us in Kirtan and Chanting.

## PROGRAM INFORMATION

June 19-22, 2014

Purchase retreat package at

[www.breastcanceryoga.com/InTheSpiritOfFire.html](http://www.breastcanceryoga.com/InTheSpiritOfFire.html)

by June 9th, 2014



## DINING AT MENALA

*Silent Breakfast - Gather for breakfast as you enjoy the first meal of the day, in silence. Menla's gourmet chef specializes in a wide variety of organic protein-balanced vegetarian cuisine.*

*Spiritual Lunch - Organic vegetarian cuisine served in two dining rooms and an outdoor dining deck with breath taking views of the surrounding valley.*

*Diner sharing Time -Diner will be a time to share and enjoy each other's company as we come together.*



## TUITION & HOUSING FEES

	EARLY BIRD TUITION	AFTER MAY 1ST
HOUSING	\$745	\$845
CAMPING	\$620	\$720
COMMUTER	\$560	\$660

Pricing includes: yoga program, accommodations, and three delicious gourmet meals per full day.