

**Registration Form
Summer Solstice, June 18-21, 2020**

Name: _____
Address: _____

Day Phone: _____
Evening Phone: _____
Email: _____

Yoga training and name of primary teacher:

Registration days _____ amount _____

Housing selection & nights _____ amount _____

Roommate? _____

My course fees of _____ are enclosed.

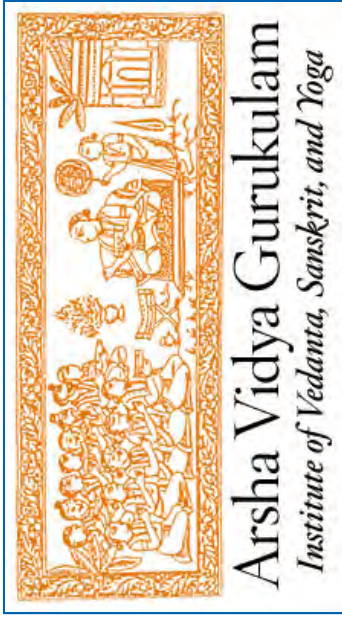
-or-

VISA, MC, AMEX, or DISCOVER
(circle one)

Credit card#: _____

Exp date: _____

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18353
Permit No. 10



16th Annual

Summer Solstice Yoga Retreat

with

*Janet MacLeod
Jul Chandralekha Forger
Patricia Layton
Kati Walker
Kathleen Wright*

June 18-21, 2020

Arsha Vidya Gurukulam
PO Box 1059
Saylorsburg, PA 18353



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The changing of seasons should be reflected in one's practice of yoga, so that the exterior environment and the interior environment interact harmoniously and bring peace and balance to daily living. In this four-day workshop eclipsed by the solstice, Janet's skillful sequencing and use of props will help you reach new levels of awareness in your practice.

A background of study in the Iyengar Method of Yoga is necessary to enjoy this course. Students should know the full range of poses, including inversions, and be familiar with Iyengar Yoga's standard use of props.

Teachers

Janet MacLeod - Asana and Pranayama

Patricia Layton - Om: A Symbol, a Sound, a Word

Every yoga student has heard of Om but what does it really mean; what are its origins; how is it pronounced; and how can we integrate it into our lives and our practice.

Jul Chandralekha Forger - Chanting
with Harmonium accompaniment.

Kati Walker - Singing Bowls
Singing Bowls is an ancient healing modality from the Himalayan areas of Nepal and Tibet. Singing bowl meditation practice encourages deep breathing and returning the Body/Mind balance: Saturday 8-9:30 pm

Kathleen Wright - Erawan Thai Walking Massage-Lazy Person's Yoga
Learn to give and receive some basic practices of this art. Lots of Fun! Friday 8-9:30 pm

Venue

Arsha Vidya Gurukulam is a unique facility dedicated to the traditional teaching of Vedanta and Sankhya. The ashram is located on 68 wooded acres in the Pocono Mountains convenient to both New York City and Philadelphia. Facilities include a lecture hall connected to a traditional Hindu temple, a fully equipped yoga studio, residential housing, and a dining hall where vegetarian Indian meals are served.

Class Schedule and Course Tuition

Thursday: Asana	5:00–7:00 pm
Friday and Saturday: Om Asana	8:00–10:00 am 10:30 am–1:00 pm
Chanting Asana/Pranayama	2:30–3:30 pm 4:00–5:30 pm
Sunday: Chanting Asana	8:00–9:00 am 9:30–11:30 am
Full course tuition:	\$380
Saturday and Sunday only	\$200
One day	\$120

An administrative fee of \$20 will be charged for cancellations. No refunds after June 13th, 2020.

Housing per night

Standard ashram room (Some have shared baths):
\$60 double occupancy, \$90 single occupancy

Deluxe (A/C & private bath):
\$70 double, \$110 single

Suite (2 rooms with attached bath):
\$75 triple, \$90 double

Meals are prasadam; therefore there is no charge. Commuting students are welcome to take meals with the other students.

Information/Registration

For further information, contact Deb Lowenburg at 570-236-4638 or Lowenburg.deb@gmail.com. To register, mail form and check payable to AVG or charge information to: Deb Lowenburg, 350 Poplar Valley Rd. W, Stroudsburg, PA 18360.

Register Online at:

<https://forms.gle/udC6ph2r84w9mx5A7>