



“Our Bodies as Water -
An Ocean of Being.”

A World Yoga Mala Celebration

September 19 - 21 (International Day of Peace), 2008

With Lee Atwell

Salt Spring Island Centre for Yoga, B.C.



We may think of our bodies as being solid however, in this retreat celebrating the International Day of Peace and the Global Mala Yoga for Peace, we will consider ourselves as bodies of water – an ocean of being – deep, fathomless, and ever flowing. We will explore in our yoga practice the poles of opposites within us as they relate to our watery nature – calm and turbulent, shallow and deep, tidal rhythms rising and falling... “In the stormy ocean without boundary, pure love, pure love, pure love.”

Ramprasad Sen, 18th Century

Time to rest, rejuvenate and take care of yourself. Fluid vinyasa sequences, pranayama, meditation, and spending time in silence and in nature will be the vehicles of our exploration.

We will also celebrate our interconnectedness with others with the intention of creating peace in the world - even for just one day a year, as proposed by Jeremy Gilley who established the International Day of Peace as set by the UN to fall on September 21st every year.



Salt Spring Island is one of the most beautiful of Canada's Gulf Islands. The journey there is one of the highlights of the weekend as the ferry transports you through the archipelago of scenic islands in Juan de Fuca Strait.

Price includes yoga, sauna (weather permitting), leisure time, 2 nights accommodation, and incredible, healthy vegetarian meals (organic and from their garden when available).

\$295 to camp, \$395 shared with one ~ three others, \$425 private, \$455 private with ensuite. Unique and luscious spa treatments available at their wellness center. \$150 non-refundable deposit required to reserve your space.

Balance due Sept. 7th. No credit refunds for the balance unless there is someone to take your place.

www.theyogastudioinmagnolia.com (206) 285-3545

