YOGA and MEDITATION
MINI RETREAT
with Andy McDonald, ERYT

Third Saturday of the Month, 9:30am-12:00noon

Get out of your head; get into your body; and understand more clearly what really is important to you in your life.

We will combine the practices of yoga postures, walking meditation, seated meditation, and lying-down meditation. This integrated approach will facilitate the release of unnecessary physical, mental, and emotional tension, allowing you easier access to deep states of peace, calmness, and happiness within you. This can directly impact your quality of life by increasing mental clarity and focus, increasing productivity, strengthening relationships with yourself and others, and improving your ability to respond to every-day stress.

This is a retreat, not a workshop. The emphasis will be on practice/application rather than theory/technique. Some previous experience with yoga and meditation is helpful, but not required. Bring water, yoga mat, and any of your own meditation cushions/props that you like.

fee $40 cash/check at the door

To register: http://www.awakeningheart.org/contact/yogamed.htm
Dallas Meditation Center 810 W. Arapaho Rd. suite 98, Richardson, TX 75248  |  972-432-7871

Andy McDonald began studying and practicing traditional meditation techniques in 2004 as a complement to his yoga practice. In addition to daily personal practice he has attended 10-day retreats, weekend retreats, and day-long retreats. He has taught yoga and mindfulness meditation techniques to students as young as 7 and as old as 93 in both group classes and individual private instruction.

Andy’s website: www.thenatureofstillness.com