

# THE HEART OF YOGA

THE ART OF PERSONAL PRACTICE

with *Mirka Scalco Kraftsow*

*Non-residential Personal Retreat  
in the Viniyoga Tradition*

**Dive Deeply** into the multi-dimensional self through

- Asana
- Meditation & Chanting
- Pranayama
- Personal Ritual

**Immerse Yourself** in 5 days of group practice, individual guidance and personal inquiry to develop your personal sadhana.

February 19-23, 2010

11am - 5pm

Westside Yoga Studio, Sebastopol, California  
Join us in Sonoma County's beautiful wine country

## Cost

\$350 by January 15, 2010  
\$400 after January 15, 2010

## To Register

Westside Yoga Studio - 707.827.3886  
or [www.westsideyogastudio.net](http://www.westsideyogastudio.net)

## “DEEP WITHIN

*each and every one of us  
is a well of tranquility that  
is our birthright to drink  
from and rest in.*”

*Mirka Scalco Kraftsow*

## Mirka Scalco Kraftsow

*Mirka Scalco-Kraftsow* has been a Yoga teacher and Yoga Therapist in the Viniyoga methodology since 1988 and a health practitioner and educator since 1974. She has a unique ability to mentor and support students in their personal growth. Mirka wishes to inspire people to deepen their trust in their personal effort to persevere in personal practice to experience the divine grace that sustains us all. She is Co-Teacher in the American Viniyoga Institute's Teacher Training Program.



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