



**The Heart of Yoga: The Art of Personal Practice
with Mirka Scalco Kraftsow**

Retreat in the Viniyoga Tradition

February 19 - 23, 2010

11 am - 5 pm

Westside Yoga Studio, Sebastopol, CA

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

To Register, call: Westside Yoga Studio 707-827-3886 or www.westsideyogastudio.net

For Information: info@viniyoga.com or 808-572-1414

Address: Westside Yoga Studio, 7385 Healdsburg Avenue, Sebastopol, CA 95472

This is an in-depth non-residential personal practice retreat. This workshop, in the Viniyoga tradition, is designed to help you:

- **Dive Deeply** into the multidimensional self through asana, pranayama, chanting, meditation and personal ritual.
- **Immerse Yourself** in 5 days of group practice, individual guidance and personal inquiry.
- **Achieve Personal Integration** with the tools of Viniyoga that support healing and transformation.

SCHEDULE FOR THE RETREAT

Before 11:00 am - Time on your own for breakfast, massage, yoga private session with Mirka, Ayurvedic treatments, personal inquiry

FEBRUARY 19 - 23, 2010

11:00 - 1:30 pm Morning session that includes practice at Westside Yoga Studio

1:30 - 2:45 pm Short lunch break at cafes within walking distance to studio

2:45 - 4:45 pm Afternoon session at Westside Yoga Studio

Mirka will guide each day to progressively dive more deeply into the "Multidimensional Self", to explore and support a whole personal sadhana (practice) in a way that is meaningful to your own healing and transformation.

SUGGESTED WORKSHOP REFERENCE

Yoga for Transformation by Gary Kraftsow

"We are Multidimensional beings. Therefore, holistic sadhana or Yoga practice must also be multidimensional."

-Mirka Scalco Kraftsow

Dimensions of the Human System	Viniyoga Tools That Will Be Explored
ANNAYMAYA - the first dimension: the physical body	Art of asana movement/postures
PRANAMAYA - the second: the vital body	Pranayama breath work
MANOMAYA - the third: the intellectual mind	Learning chants and their meaning
VIJNANAMAYA - the fourth: the personality	Personal self-reflection
ANANDAMAYA - the final dimension: the heart	Meditation and communion to the source, joy

americanviniyogainstitute

MEET YOUR TEACHER AND RETREAT FACILITATOR...



Mirka Scalco Kraftsow, E-RYT 500

Mirka 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 practice and to experience the divine grace that sustains us all. She is Co-Director of the American Viniyoga Institute and Co-Teacher in the American Viniyoga Institute's Teacher Training Program.

INTERESTED IN A PRIVATE SESSION WITH MIRKA DURING YOUR STAY?

Private sessions are available with Mirka for a fee during your stay. Private sessions can be arranged for the morning before 11 am in advance by contacting Mirka at mirkayoga@yahoo.com

YOGA ALLIANCE CONTINUING EDUCATION

21 continuing education credits for Yoga Alliance registered teachers.

CANCELLATION POLICY

Your tuition fee is non-refundable.

TRANSPORTATION FROM SAN FRANCISCO INTL. AIRPORT

For a variety of transportation options from SFO to Sebastopol, check: www.flysfo.com/web/page/tofrom/transp-serv/

DINING AND OTHER VISITOR SERVICES

www.sebastopol.org

SPA SERVICES

Available at the Sebastopol Inn www.sebastopolinn.com or Dhyana Center www.dhyanacenter.com

LODGING SUGGESTIONS

SEBASTOPOL (IN TOWN):

Fairfield Inn & Suites Santa Rosa/Sebastopol

1101 Gravenstein Hwy., So.
Sebastopol, CA
707-829-6677
800-465-4329 (toll free)
707-829-2618 (fax)
ffi.stsrs.gm@marriott.com
www.marriott.com

IN AND AROUND THE AREA:

Casa Carolina

7740 Nora Avenue
Sebastopol, CA 95472
707-823-3543
inkeepers@casacarolina.us
www.casacarolina.us

Full House Farm

1000 Sexton Road
Sebastopol, CA 957472
707-829-1561
888-596-6006 (toll free)
christine@fullhousefarm.com
www.fullhousefarm.com

Occidental Lodge / Hotel

3610 Bohemian Hwy.
Occidental, CA 95465
707-874-3623
anegri@sbcglobal.net
www.occidentalhotel.com

Pearlessence Vineyard Inn

4097 Hessel Road
Sebastopol, CA 95472
707-823-5092
pearlessence92@yahoo.com
www.pearlessenceinn.com

Raccoon Cottage

2685 Elizabeth Court
Sebastopol, CA 95472
707-545-5466
jeannette@raccooncottage.com
www.raccooncottage.com

Russian River Vacation Homes

14080 Mill Street
P.O. Box 418
Guerneville, CA 95446
707-869-9030
ellen@riverhomes.com
www.riverhomes.com

The Sebastopol Inn

6751 Sebastopol Avenue
Sebastopol, CA
707-829-2500
800-653-1082 (toll free)
707-823-1535 (fax)
sebastopolinn@yahoo.com
www.sebastopolinn.com

Sova Gardens (Farm House rental)

5186 South Gravenstein Hwy.
Sebastopol, CA 95472
707-795-4747
www.sovagardens.com

Twisted Willow Cottage

(vacation rental)
5317 Douglas Lane
Sebastopol, CA 95472
twistedwillowinn@aol.com
www.twistedwillowcottage.com

Vine Hill Inn Bed & Breakfast

3949 Vine Hill Road
Sebastopol, CA 95472
707-823-8832
innkeeper@vine-hill-inn.com
www.vine-hill-inn.com