



YOGA AS THERAPY

WITH

DOUG KELLER

August 1-5, 2012

Bergamo Center

Dayton, Ohio

This year we will take full advantage of the retreat setting at the Bergamo Center, and offer a full yoga retreat.

The sessions during the day will *still* center around the study of **yoga as therapy** -- and will this year include a special focus on the prana and pranayama in addition to myofascial issues, injuries and conditions.

But the full context of the retreat will be an opportunity to immerse yourself in the experience and philosophy of yoga.

The mornings will offer guided meditation and pranayama, and a guided asana practice -- all led by Doug. Each evening, Doug will give a **philosophy lecture**, progressively moving through the history of yogic thought to a special treatment of tantric philosophy — with connections drawn to movements in western mystical thought (especially Christian mysticism). Each lecture will be followed by a guided meditation and relaxation to round out the evening.

For the therapeutic section, a **special workbook** will be provided as part of the training, which will allow you to take notes during the exercises as you follow the lecture, as well as participate in solutions-oriented explorations.

Our expanded focus this year will include new insights into myofascial structures that provide the foundation for health and well-being, and can be addressed through yoga practices. We will specifically address how the concepts of **marma therapy** can be applied to the teaching of asana, pranayama and meditation, and the practical guidance given by the principles of the 'bandhas' for providing structural and energetic alignment for improved health.

In terms of the specifics of yoga therapy, there will be **special focus on the neck, shoulders and head**, as well as the **hip joints and pelvis**. We will practice more in-depth body reading exercises, and exercises for coming up with **specific approaches to solutions** that are **appropriate to yoga teachers** working in class situations or one-on-one with students.

This year promises to be enlightening, especially enjoyable and transformative, and altogether awesome!

Where: Bergamo Center
Dayton, Ohio
WWW.BergamoCenter.org

When: August 1-5, 2012

Cost: \$795 for a Shared Room/Private Bath
\$895 for a Private Room/Private Bath

(Price Includes Lodging, All Meals and Tuition)
(Payment Option is Available)

(A \$50 Non-Refundable Deposit will Secure Your Place. Full Payment is due on or before July 1, 2011)

Make Check Payable to Sharon Shultz

Cancellation Policy: No Refunds can be made within 30 days of the event unless the space can be filled.

Information and Registration

Sharon Shultz
10950 Cherokee Drive
Lakeview, OH 43331
937-843-6638
shultzlake@woh.rr.com



Name _____

Address _____

Phone _____

Email _____

Private Room _____ Shared Room _____

Swatantrya

The highest expression of Consciousness, which is perfectly independent
The force that overcomes difference, perceiving the essence of
knowledge in all its different forms
Abiding in bliss, and granting access to the intuitive knowledge beyond
the 4th state (Turyatita)