



# Erich Schiffmann

## "Moving Into Stillness"

September 3-5, 2010 ~ Yellow Springs, Ohio

Many meditation retreats do not contain much, if any, yoga practice. Likewise many yoga workshops do not contain much meditation. Yet they complement each other beautifully. The practice of yoga makes it easier to go deep into meditation; and yoga practice from a centered and meditative state is more effective and meaningful. The two practices nurture one another, providing clarity and peace to mind, body and outlook.

*"Yoga is a way of moving into stillness, to experience the truth of who you are."*

Erich has been named one of the most innovative yoga teachers in the country by Yoga Journal, and is author of *Yoga: The Spirit and Practice of Moving Into Stillness*, and numerous DVDS. He teaches a healing, opening style of Yoga emphasizing moving into stillness and being guided from within. Erich's style of teaching is unique and clear, full of humor, freedom and spirit. He has been passionately involved in the practice for almost 40 years. His style of yoga and meditation is suitable for all levels of students. He leads workshops and teacher trainings all over the United States and around the world.

We are thrilled to host Erich for his 9th visit and we hope you will join us for what is sure to be an energizing, fun and enriching Workshop.

**TIMES:** Friday, 6:30-8:30 pm; Saturday, 10:00 am-1:00 pm & 3:00-5:00 pm; Sunday, 10:00 am-1:00 pm

**LOCATION:** Bryan Community Center Gym, 100 Dayton Street, Yellow Springs, OH 45387

**COST:** \$295. A \$100 deposit is required to hold your space (\$50 of the deposit is non-refundable and non-transferable). Balance is due August 3.

**REFUNDS:** Tuition will be refunded less the \$50 non-refundable portion of the deposit, if a request is received in writing before August 3. No refunds will be made after August 4 unless someone can take your place.

**INFORMATION:** 937.767.7727; [patricia@brainfingers.com](mailto:patricia@brainfingers.com); [www.yellowspringsyoga.com](http://www.yellowspringsyoga.com);  
**Erich's Website:** [www.movingintostillness.com](http://www.movingintostillness.com)

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Please make payment or deposit check for Erich Schiffmann Workshop payable to Patricia Schneider.  
Please mail to: 1350 President Street, Yellow Springs, OH 45387