



Join us for our



Sogetsu School

Fall Retreat at Whispering Waters of Wizard Wells ,

a weekend of physical, emotional, and spiritual renewal with yoga, meditation, and Ikebana, the flower path of Zen. Relax, recharge, and enjoy the relatedness of all. Glaze and personalize the container for your arrangement. Sharpen your perception, discover a new appreciation of the beauty and uniqueness of each individual flower and learn to arrange it so it “speaks”. Feel deeply cleansed and experience a new sense of aliveness in a supportive community. All levels of ability, including beginners, are welcome.

Friday, October 15, 7:00 p.m. - Sunday, October 17, 2010, 2:15 p.m.

Fee (includes lodging, vegetarian meals, classes and materials for making an Ikebana arrangement) \$ 295.00

Optional: - massage; sign-up sheets will be available when you arrive \$ 55.00

or you can arrange for a massage prior to the weekend by calling Kevin Leech or Ruth Bucher at 940.374.3058

- bath in the healing mineral waters of Whispering Wells \$ 10.00

- Vibroacoustic Sound Healing, 20 min. \$ 25.00

Arrive early for a pre-weekend massage or soak

Retreat schedule:

Friday: 6:00 – 7:00 p.m. arrival
7:00 – 7:30 p.m. snack
7:30 – 8:30 p.m. glazing the container for your
ikebana arrangement with a color of your choice
8:30 - drumming

Registration:

Last Name First Name.....

Street

City/State/Zip code

Daytime Phone

Cell Phone

E-mail Address

Yoga experience

Any health concerns

Food allergies

Roommate preference, if any

Total amount enclosed

Check Number

Down payment to reserve your spot is \$ 100.00.
Please send the completed form and check payable to:

Eva Rosenkranz

Yoga Education for Schools
P.O. Box 211771
Bedford, TX 76095

For any questions or concerns feel free to contact Eva at
eva@yogaeducationforschools or 214.794.3274