

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

“**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

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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.



808.572.1414

viniyoga.com or email us at
info@viniyoga.com