

Fall Rejuvenation Retreat

Yoga, Juice Fasting and Self Healing

October 2-9, 2011

Juice fasting and yoga are proven, complimentary, highly effective methods for detoxifying the body/mind, restoring radiant health and reconnecting with one's true nature and life purpose. This retreat combines yoga, juice fasting and Ayurvedic practices that support the body as it detoxifies, rebalances and heals itself. ***Fasting is optional and alternative cleansing diets will be recommended based on individual needs.**

Are you experiencing low energy, aches and pains, indigestion, allergies, constipation, skin irritations, difficulty concentrating, feeling old? Are you addicted to sugar, coffee, carbs, overeating, negativity, the news?

Feel Better Now!

Sun, Oct. 2 **Getting Started** **6-8pm**
Fasting demystified. Fasting not starving, choosing the cleanse that is appropriate and nourishing for you! Step by step approaches to insure a successful experience.

Fri, Oct. 7 **Yin Yoga** **6-8pm**
Yin yoga is a powerfully quiet and nurturing practice particularly effective in releasing deeply held tension in connective tissues and joints, thereby freeing up and re-directing the flow of prana/life energy for rejuvenation and healing purposes.

Sat, Oct 8 **Yin Yoga** **11am-1pm**

Sat, Oct 8 **Restorative Yoga** **2-4pm**
Restorative postures are fully supported and held for longer periods of time than a typical practice providing the body with the conditions it requires to heal and re-establish its natural rhythms. The result is a lasting experience of deep relaxation, peace and wellbeing.

Sun, Oct 9 **Restorative Yoga and Closing** **10-2pm**

Retreat Fee: \$175

Attendance is limited. Call to register: 924-7545

Mudita Yoga 12 Depot Square Peterborough, NH www.muditayoga.com

"This was a truly transformative experience for me that I couldn't have done without your guidance and the support of the group. I feel calm, I feel energized and my body feels great!" G.L.

"The retreat was a deeply moving experience from the beginning to the end. It's hard to translate into words, but my body and spirit know that something magical has occurred." C.H.

"It's one of the best things I've ever done for myself!" S.P.

A Yoga and Ayurvedic health educator, facilitator Alexandra Teague has guided groups and individuals in the art of yoga, juice fasting and healing practices for more that 20 years. Her teaching style is clear, inspiring, light hearted and compassionate.

