



Oneness of Being

WITH

ANNE DOUGLAS

Weekend Workshop - November 14-16, 2014
iRest Certification Retreat - November 14-17, 2014

Bergamo Center
Dayton, Ohio

Light up your senses using the ancient and evocative practices of Kashmir Non-dualism in which asana becomes "Body Sensing", pranayama becomes "Breath Sensing", and meditation becomes a sensorial flow through all of the koshas and elements. Each practice invites you to open to a deeper embodiment, naturalness and to the Oneness of Being.

Friday Night, November 14

Opening the Doors and Windows:

The 5 senses can be seen as doors and windows into subtler realms of awareness and experience and finally into our True Nature as Awakened Presence. This evening will be an introduction to the teachings and practices that can take you to a first hand experience of Awakened Living.

All Day Saturday and Sunday Morning, November 15/16

Getting Acquainted:

Once you have stepped through the doors of heightened and sensitized perception, the practices of Kashmiri Non-dualism acquaint you with the Truth and Fullness of who you are AS pure conscious Awareness that is ever at peace, free and living as LOVE itself. Practices include yoga asana, pranayama, iRest Yoga Nidra and Tandava (meditative movement to music).

Sunday Afternoon and Monday Morning, November 16/17

Infinite Abiding:

Once established in the experience of who you truly are, one ABIDES as the infinite and unconditioned Self. The practices of Body Sensing, Breath Sensing, iRest Yoga Nidra and Tandava invite the recognition of the infinite and eternal abidance that already exists as the ONE mind and the ONE heart.

Anne Douglas has been teaching Yoga and Meditation for over 30 years. She has a thriving Yoga Therapy practice in Banff, Alberta, has co-taught with Richard Miller, PhD and offers yoga and iRest Yoga Nidra trainings. Anne's boundless enthusiasm for this work, depth of wisdom, compassion and gentle humor create fertile ground for inspired learning.

www.anahatayogatherapy.ca

The full retreat from November 14-17 qualifies for the short retreat requirement for iRest Yoga Nidra Certification.

****Oneness of Being With Anne Douglas****

Where:

Bergamo Center

Dayton, Ohio

[Www.BergamoCenter.org](http://www.BergamoCenter.org)

Weekend Workshop:

November 14-16, 2014 (Friday Dinner - Sunday Lunch)

13 CEU's

**Earlybird Cost: \$450 Private Room/Private Bath
\$410 Shared Room/Private Bath
\$330 Commuter (Includes Meals)

Regular Cost: \$550 Private Room/Private Bath
\$510 Shared Room/Private Bath
\$473 Commuter (Includes Meals)

*** Qualifying iRest Certification Retreat ***

November 14-17, 2014 (Friday Dinner - Monday Lunch)

19 CEU's

**Earlybird Cost: \$645 Private Room/Private Bath
\$590 Shared Room/Private Bath
\$430 Commuter (Includes Meals)

Regular Cost: \$745 Private Room/Private Bath
\$690 Shared Room/Private Bath
\$575 Commuter (Includes Meals)

(Price includes Lodging, All Meals and Tuition)

*Make Check Payable to Sharon Shultz

** (Payment Options are Available. Contact Sharon)

Full Payment is due on or before September 14, 2014 for the Earlybird pricing. The final deadline for ALL payments is October 14, 2014.

Cancellation Policy: No Refunds can be made after October 14, 2014 unless the space can be filled. Cancellations before October 14, 2014 will be refunded minus a \$100 processing fee.

For Information contact:

Sharon Shultz Or

Janice George

Sharonshultz@gmail.com

Janice@shivashaktisynthesis.com

*****Oneness of Being with Anne Douglas*****

To register complete the form below and mail with your check made payable to:

Sharon Shultz

10950 Cherokee Drive

Lakeview, OH 43331

937-843-6638

shultzlake@woh.rr.com

Name _____

Address _____

(Street)

(City)

(State)

(Zip)

Phone _____

Email _____

Private Room _____ Shared Room _____