

A DAY IN THE HEART OF THE GODDESS

*A Daylong Retreat in Honor of Navaratri
with Uma & Mirabai*



SEPTEMBER 29, 2019 • 10 AM – 4:30 PM

On this special day, we will honor the Protectress, the goddess Durga and her gifts of self-discipline, strength of will, and the ability to maintain balance through the ups and downs of life. Mirabai will share a unique cleansing pranayama practice, followed by a strengthening asana session to fortify the body and pull the energy inwards in preparation for the change of seasons. Uma will then teach us a beautiful hymn to Durga, and through its meaning impart some of the essential wisdom of the ancient sacred teachings of India.

PARADISE HEALING CENTER, LAGUNITAS CA

\$150 EARLY BIRD BY SEPTEMBER 15 • \$175 AFTER
Cash, check, or PayPal • "Send to friends & family" if using PayPal

INFO/REGISTRATION/DIRECTIONS/INSTRUCTIONS:
mirabaiyoga@hotmail.com or umareed@sbcglobal.net