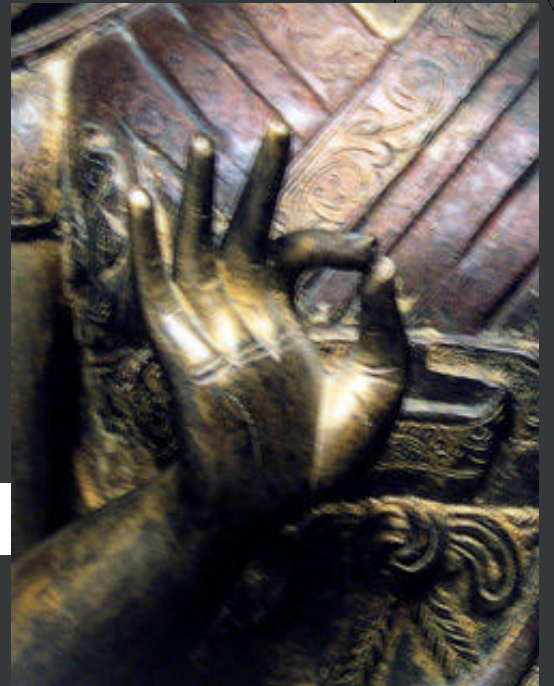


mudra M3 mantra movement



Laura Tyree

Santa Barbara, CA : Nov. 19-23



Laura

Sincere introspection infused with warm humor, dynamic energy, and tenacious perseverance are all trademarks of Laura and her teaching style. Her unique approach to the eight-limb path, ayurveda, anatomy, and psychology all blend to create a full, organic richness to her yogic style.

Laura first trained with Jan Campbell in the rigorous Iyengar Yoga Method in 1986. She began teaching in 1990 after meeting teachers Erich Schiffmann and Rodney Yee. Internal awareness, breath, and compassion gave her purpose. As co-founder of Yoga Source in Nashville TN (1996), she began to teach in earnest and found a deep love in sharing the knowledge of yoga. After many years of practice and study with Rodney, Erich and other renowned teachers her practice moved even deeper. Her current studies in yoga therapy were inspired by her teachers JJ Gormley-Etchells and Doug Keller. Both are frequent guest instructors for Laura's Teacher Training Programs.

Laura is certified through JJ's Sun Moon Yoga Programs (700 CYT) and is E-RYT 500 level. She is completing her 1200-hr Therapeutic Yoga certification with JJ (a dedicated student of TKV & Kausthub Desikachar). Laura was recently honored to be one of the first non-Californian teachers invited to Lulu Bandha's Yoga Crib.

For more info on Laura and her teacher training programs see her website::: dragonflyyoga.com

To hear music from her CD Amma Bahkti::: myspace.com/lauratyree

Experience

Join us for a long weekend retreat that includes Laura's fluid asana blended with her beautiful voice in rich mantra. Hand and body mudras complement this fulfilling experience, allowing sound, movement, and present moment awareness to heal and enrich your practice.

Retreat begins Wednesday evening with Asana and mediation, followed by three days of morning and afternoon asana sessions, and prepared lunches, snacks & beverages. Sunday morning asana session will be the end of the retreat.

Also enjoy an Ayurvedic discussion and daily Ayurvedic lunches, use of the property and an evening of music with local Kirtan musicians. *Additional arrangements can be made for reiki, massage & watsu sessions.

Retreat Includes: All yoga sessions, daily lunches, snacks & beverages, Ayurvedic class, evening of Kirtan, and enjoyment of Casa das Palmas amenities.

4 night retreat (Wed-Sun) ::: \$575
Weekender Break (Fri-Sun) ::: \$400

Place



We are honored to be hosting this unique retreat-workshop at the beautiful Casa das Palmas in Santa Barbara. A private residence, with extensive grounds and gardens, a heated pool, outdoor fireplaces, and many other amenities. Beyond the beauty, it is the incredible energy and warmth found here that makes it so special. The house has hosted many yogis and musicians over the years and provides the perfect setting for gathering together to explore movement, mantra and mudras with Laura.

***Lodging is not included. There are limited spaces available on property; Individual bedrooms, shares and camping. Please call or email for details and to hold your space.*

We are also happy to recommend additional accommodations or make travel suggestions.

Please contact us directly for bookings:
info@yogaroads.com
805.453.9706

www.yogaroads.com

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