

# *The Spiritual Roots of yoga teachings and meditations*

*Ravi Ravindra returns!*

*presented by Elizabeth Kerwin and 8 petals yoga*

*non-residential retreat: 9:30-4pm, march 13 and 9:30-1:00pm, march 14, 2010*

*evening public talk: yoga and transformation of consciousness*

*7:00-8:30 pm, march 13 ~ 8 Petals Yoga Studio ~ 1317 Commercial st., Bellingham*

Yoga's roots are in the spiritual traditions of India, grounded in the classical texts of the bhagavad gita and patanjali's yoga sutras.

retreat participants will explore the many meanings of yoga, and its ultimate purpose in the removal of ignorance, moving us towards liberation and enlightenment.

the method of yoga at the heart of our practice will be in the cultivation of steady, impartial attention and the quest for self-knowledge.

experiential components will include meditation and practices to increase self-awareness.

**Retreat Tuition: \$120-\$150, sliding fee, including public talk  
Evening Talk only: \$15**

limited reduced tuition available for those in need; please inquire early registration is advised due to limited enrollment

**Please register by March 1, sending full payment to:**

**Elizabeth Kerwin, 214 N. Commercial #300, Bellingham 98225**

**For more information: Call (360) 738-4805, ext.1 or**

**Email: [elizabethkerwin@yoga@gmail.com](mailto:elizabethkerwin@yoga@gmail.com)**

**or visit: [www.elizabethkerwin.com](http://www.elizabethkerwin.com)**



Ravi Ravindra was born in India and partly educated there before moving to Canada. He is Professor Emeritus at Dalhousie University in Canada from where he retired as professor of physics and of comparative religion. In addition to a deep study of great religious traditions of the east and the west, he has had a long-standing practice of spiritual search. He is the author of many books, the latest two being "Spiritual roots of Yoga" and "the Wisdom of Patanjali's Yoga Sutras."