

SOYA Annual Yoga Retreat with Sri Dharma Mittra, June 10-12, 2011

What a wonderful weekend of receiving some very special teachings from Sri Dharma Mittra! Dharma taught us nine key breathing techniques and their effects on the chakras and glands. He shared purification techniques to help us cleanse physically, energetically and psychically. Mantras and mudras were given that coincided with movement of the body, hands and breath. Many of us were



deeply impacted as Dharma argued the merits of becoming vegan... not only because “animals were meant to be loved, not eaten”, but also because eating meat affects us energetically as we ingest the fear that they feel at death. And we haven’t even mentioned the wonderful asana routines he guided us through with the help of his assistant, Erich Hubel. Eric also led us in an asana class and Saturday night kirtan. Here is some of the wonderful feedback we have enjoyed receiving!



Thankyou, thankyou, thankyou!!! Well, the subject line says it all really. I'm home and totally blissed out. What a wonderful experience it is that you both make possible for us. With deepest gratitude and love,

thank you for the wonderful retreat.....i have not processed yet.....rather in process.....i do know that it was a blessing and i deeply thank you.

Dharma Mittra was a delight. I had a very good time over the weekend and was pleased at how much my body responded to some hard work even if I couldn't bend my toes and ankles and they hurt. *From a participant who is in recovery from chemotherapy treatments.*



I wanted to thank you soo much for another incredible re-treat. It was amazing. And I can't even imagine the amount of work it takes to put that together. Thank you. I really enjoyed Dharma Mitra. Enjoyed seems like such a lame word for my feelings. I have never been so profoundly affected by anyone before. It's very strange for me. I am still totally peaced out and it's taking me a lot longer than usual to jump back into the rhythm of life. Not that I want to! There is soo much to sink in....I have a hard time putting into words what I have learnt. Now to start practicing and teaching. The hugest gratitude to you and Bob.



Thank you both for another wonderful, well organized, smooth flowing, enjoyable and thought provoking retreat! I did not get to say goodbye as I thought I was going to get time to come back in- but we were on the clock to get back home! So worth the trip out! I wanted to tell mugs that I felt it was a recap of much of what we learned in the SOYA program! A great confirmation of the authentic yoga and vast amount of info that you teach in your program! Even more amazing that I remembered it! Sticks with you (and many of the kriyas I use regularly or occasionally). So my compliments in that!



Another amazing line up... But always my highlight is reconnecting with the magic of Naramata and special memories of my training, the friends I have made and the awesome teachers that shared it with me....feels like a special home that always welcomes me back.... Thanks bob and mugs! Love and joy..

Thank you again for the incredible weekend that has sparked so much conversation amongst our teachers...awesome!

Many thanks to you and your terrific team for a wonderful weekend of yoga, meditation and fun. I will do everything I can to return next year. I enjoyed everything! Warm wishes

Myself personally and many friends have been changed by Dharma Mittra. His words were at times tough to listen to, but most lessons in life are tough. I think Dharma Mittra is in a class of his own.

Eric helped me get into a headstand for the first time! It was wonderful having him as an assistant. He was so humble during kirtan – not showy, just pure intention. And I really enjoyed the class he taught Saturday!





just a short note to say that we both really enjoyed the retreat with sri dharma mittra. i knew i was in the presence of a great guru and absorbed everything i could from what he said and showed us because there is nobody else like him or will ever be again. you and mugs did a superb job, well organized and you are both lovely warm people and came across that way no matter what you had to deal with.

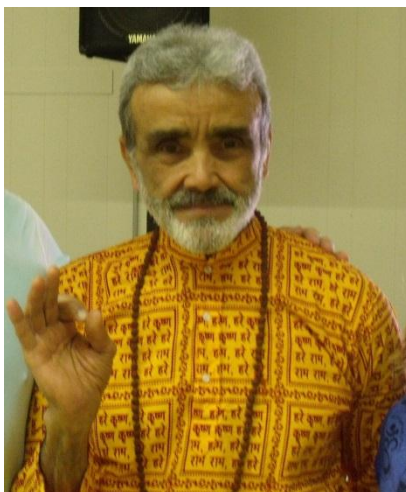
Thank you so much for the magnificent Maha Sadhana with Sri Dharma Mittra. He was so devotional and full of Knowledge! He is amazing !!!

Just wanting to send you big hugs of gratitude for another amazing weekend workshop at Naramata. The facility is beautiful, your energy is contagious and the wisdom Sri Dharma shared was incomparable. Many, many thanks! You can count on us returning for year four!!! Peace and love and light,

Thank you again for all of your work, energy, time and enthusiasm that provides wonderful learning opportunities for those in the yoga world.....I did enjoy this past weekend. I have had lots of little thoughts - you know how ideas reverberate and expand with time if they are wonderful.... yesterday walking in the forest it occurred to me that I didn't have to eat the colours Red Yellow Blue Green that Dharma talked about... or drink water that had absorbed the energy of those colours... I could collect the energy another way....by having the water cells in my body receive the colour energy from nature... yellow, red. blue.... don't stop there.... orange, purple, pink flowers or wonderful pure white flowers and fresh spring green trees and grass and blue blue skies. I tried it and it was WONDERFUL. I am also sure Dharma did give me access to more JOY when he gave me his hug on Sunday. That is what he said... here is more JOY ... and I took that



literally as the joy of a hug but I now think that it was far more than that. And I can only thank him and repay him by passing it along...which is also lovely but I would like also to thank him.



Once again I would like to send a big thank-you to both of you for another amazing weekend at Naramata. Wow! How can I tell you how special it is to be in the presence of these teachers and surrounded by so many like-minded people. The two of you have such great energy and I can feel you are there for each and every person who has come to the workshop. I felt blessed to be in the same room as Sri Dharma Mittra and to learn from someone who has been on this path for 55 years!

Thank you both for hosting the Dharma Mittra Retreat this past weekend. It was very refreshing to be reminded what it is to 'practice' yoga, as opposed to 'doing' yoga.

After listening to Dharma Mittra over the weekend reiterating we should be vegan...I have questions in terms of the nonharming aspect of veganism which seemed to be the root of it, as well as the psychic energy of what we eat. He said that everything has God-energy so does this include plants? If so, then aren't we harming plants as well when we pick them and eat them? I understand the nonharming of animals in terms of killing them to eat and that we shouldn't eat animals or animal products that come from animals treated cruelly or negatively. So how about free-range animals raised on smaller farms in a more natural environment - i.e. milk products. And I would say eggs, but I know how he felt about eating eggs too...these are actually questions I have been wondering about for some time as I have been pondering my feelings on these issues.



I liked having the option of the asana class between discussion sessions, and enjoyed Eric's teaching style. I really enjoyed Dharma's lectures and his asana series. I was so honored at the end that Dharma actually read our names out loud and looked us in the eye. It felt like a blessing and very special. As always it was well organized by both of you and I always enjoy coming to see you both and all the familiar faces, and meeting new ones. I think it is really the best of its kind anywhere. I think we are spoiled. Thanks again for a fantastic weekend. I look forward to next year already!

Please know that I've thought about you often since the retreat, and each time with thanks in my heart for what you put together for all there! I've transcribed my mad scribblings (notes taken at the various sessions with Sri Dharma Mittra) and connected to the email addresses for the mantras and words and the one for psychic development. So far, so good, huh? But now to put into practice, yes? (Soon I'll need be getting up at 5 just to fit everything into my day!)





Thank you seems so small when I think of the incredible weekend that I was allowed to attend. I learn every day and really try to STOP for a minute and breathe in the gratitude. I was not going to be able to attend this year due to financial difficulties. My husband thought maybe it would be a good idea if I go and just let go! I love him so, he was right. Dharma is a gentle, kind, intelligent soul with whom I will always remember. I felt a sense of peace and contentment that I will continue to reflect and feel deep gratitude for. I want to share the last day, on Sunday when we were all gathered around Dharma and when we

were standing, I had my eyes closed, my arms at my sides. Then my arms began to lift as if being pulled up for no reason. I get this often when I am doing a standing meditation and connecting with my angels, though I am always alone, so to have that happen with all these beautiful souls around was truly a blessing for sure. I continue on my path to find my way with the help of beautiful people like you. With GRATITUDE & HUGE HUGS!!!

Ahhhhhhhhh....at last I am emailing and wanting so much to thank you both for the incredible week-end you made possible with Sri Dharma Mittra at Naramata! You guys are truly AMAZING!!!! My heart is over flowing in gratitude and love as I reflect back on that week-end and all it stirred up in me! I do not know how you guys keep making this all happen, but what a blessing it is! I realize the work and effort involved and appreciate it all so much! My feedback in general is " I LOVED IT ALL"!!!! And will be back next year! There is really nothing negative I have to say as far as feedback goes! It was all awesome and left me filled with renewed energy and enthusiasm and anticipation until next we meet!



Thanks once again for a fabulous weekend! My favourite retreat so far. thanks...

Many thanks to all of you, with so much love from Bob and Mugs

(group photos & headstands below)

