

# SOYA's Annual Yoga Retreat June 8-10, 2012

With Special Guests

## Ganga White and Tracey Rich

of White Lotus Yoga Foundation, Santa Barbara, California

Go to [www.sovayoga.com](http://www.sovayoga.com) or email [info@sovayoga.com](mailto:info@sovayoga.com) for details!

Learn more about Ganga & Tracey go to [www.whitelotus.org](http://www.whitelotus.org)



### Asana: Balancing the Spine

Learn important rules and principles of spinal extension. Learn how the structure and relationship of the psoas, hamstrings and quadriceps affect the spine and can cause or relieve back pain. Mostly practice, all levels.

### The White Lotus Flow Series

The world renowned Hatha Vinyasa Flow Series—a complete, balanced practice with all seven classes of asana. The *Flow Series* was developed in 1980, and was the first yoga workout video that launched the genre. For fit students of all levels with more challenging options for experienced students.

### Pranayama

Breath is life. It is our constant reminder of and connection to life force. There are five levels of pranayama: 1. Learning to use the respiratory structure. 2. Strengthening and toning the respiratory system. 3. Using breath to recharge and restore. 4. Using breath to change mental, emotional states. 5. Using breath to enter altered states.

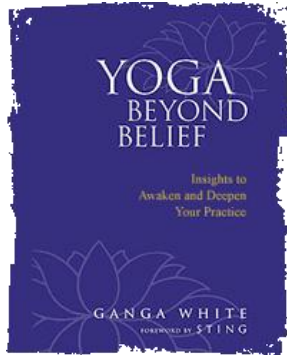
Instruction will include: Kapalabhati, Various Bhastrikas, Siva Pranayama, Ujjayi, Anuloma Viloma, A balanced 20 minute practice.

### Meditation

A practice for stilling the mind, for concentration, and focus. It can also be a quality of attention that is an awakening pervading all of life. We will discuss

meditation in a way that aims to free one from compulsory and regimented viewpoints that are often the norm.

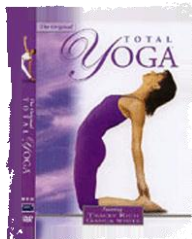
A portion of the sessions will be reserved for dialogue and discussion from Ganga's book, *Yoga Beyond Belief*, as well as topics across the field of asana, pranayama, meditation and yoga in daily life. Each segment will also include sessions of asana, pranayama, vichara, and meditation.



**Ganga White** is a critical thinker who questions authority, outmoded beliefs, and dogmatic systems freeing the student to see clearly and discover their own practice. His teaching empowers the individual while retaining the essential truths of Yoga. Ganga has stated, "I am very concerned with awakening the mind as well as the body. Yoga is far more than simply a healthful exercise system.

The most important purpose of Yoga is to bring about a deep transformation of the individual - an awakening of intelligence that is free of dependencies and romantic beliefs and ready to meet the accelerating challenges of the 21st century." His acclaimed book, *Yoga*

*Beyond Belief*, presents a fresh, new and contemporary vision of Yoga that has inspired people around the world.



**Tracey Rich** is co-director of the White Lotus Yoga Foundation. She serves as a creative visionary for the center's Santa Barbara retreat which she helped found in 1983, and where she trains teachers and students of all levels. Tracey's desire is to inspire exploration, freedom and self-expression thru the art of Yoga, endeavoring to give each student the tools to develop well being and awareness in their life. An architect of the internationally well known DVD series, *Total Yoga*, *The Flow Series*, Tracey focuses her teaching of Vinyasa Flow Yoga on finding creativity in the practice, mining

a deep connection to the breath, and on the importance of refining subtle energies. "The asanas become a dance with the dance moving out into all areas of life."



Tracey Rich graces the cover of Yoga Journal, August 2002