

Wisdom Flow Yoga Retreat September 14th – 20th 2012

Information and Registration Form

Welcome. Thank you for your interest in Wisdom Flow Yoga Retreats. We look forward to welcoming you to this magical experience. I am confident you will discover new depths of power and beauty within you; and joy, connection, and adventure around you. Immersing ourselves into a retreat like this where we live yoga everyday surrounded by other shining beings walking that same path, we are reminded how good life can be. We step deeper into the practice of seeking and sharing joy and our cynicism sheds like old snakeskin. We feel the daily yoga and wholesome cuisine shifting our bodies so energy moves more freely through them. There is a quickening; the mind is sharp and clear, the heart radiant and eager, and the body vibrant and strong. Recharging ourselves in these retreat experiences not only feels great but it prepares us to return home with more light and joy to share with our friends and families. Treat yourself to this educational, healing, rejuvenating experience. Meet wonderful people, let go of old worries, eat well, play hard, dance, sing and remember how precious life is.

Wisdom Flow Yoga retreats are for those who whole-heartedly embrace the yoga path. While we are together we ask each yogi to live by the Yamas and Niyamas (ethical and personal observances listed below). We want an atmosphere of kindness, respect, unity, and joy. At the retreat center there will be no smoking, drugs or alcohol. However, on our adventures out, it is fine to enjoy a drink. Harsh language and unkind words will not be tolerated. Ultimately we all want to live in a world that naturally flows with these life-affirming principles so why not practice them with devotion while we are together.

Who is Jennifer Lynn and what is Wisdom Flow Yoga?

Jennifer Lynn is originally from that Santa Cruz Bay area. She received her degree in Math and Computer Science from San Jose State University. She had an awakening in 1990 that took her from computers to organic farming and sustainable living. From there she unfolded her desire to create community by opening a vegetarian café. The café was around the corner from The TriYoga Ashram and teachers would come for chai. One of them offered Jennifer a free class pass. After one class, Jennifer was struck by something profound and magical about this ancient practice and her journey began.

Jennifer has been teaching yoga on Maui since 2003. She has been practicing since 1994. She has trained in TriYoga, Vinyasa Flow, Ashtanga and Anusara Yoga. She is ERYT 500 certified and has established her own Yoga Style and YA Certified Yoga Training School. Wisdom Flow Yoga is based on the heart-centered philosophy of shiva/shakti Tantra; Tantra means to weave expansion and shiva/shakti implies the expansion is into the seen *and* unseen.

Wisdom Flow Yoga blends the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The awareness within the movement unites the science of how the body works with the organic beauty of how spirit moves through it. This is our metaphor for living a balanced life. We seek to understand and harmonize with the laws of nature, and within that life-honoring structure, celebrate our unbounded spirit.

About Chef Lulu – Lulu has been catering and private cheffing for over 10 years. Her clients range from European aristocrats to family weddings. As much as possible Lulu adheres to the “Farm to Table” philosophy. On our retreat she will create menu’s using the freshest ingredients sourced from Maui’s organic farms and fresh catch from local fishermen. Her healthy desserts will surprise you with their decadent richness. Her diverse experience and nutritional knowledge allows her to cater to individual needs and preferences. Lulu’s cuisine will nourish your body and feed your soul.

The Retreat Center

Our retreat takes place at a secluded 5-acre center on the cliff's of Maui's north shore. The grounds include waterfalls, meditation areas, pool, large yoga studio, screened dining area, sun deck, hot tubs, saunas, and an organic farm. Once you are registered, we will send you a welcome package with everything you need for arrival.

Arriving

If you are coming from off-island you will arrive in Kahului (OGG airport). When you land, take a shuttle to your preferred rental car agency. If you are looking for cheap rental cars, check out **Maui No Ka Oi** or go to www.hawaiidrive-o.com or www.aloharents.com. If you would like to share car rental, we will put together an email list of other retreat-goers so you can coordinate ride sharing.

Fees and Accommodations

Your fees cover everything except airfare. If you are arriving from off-island and will not be renting a car, we can arrange to pick you up at the airport and take you to the retreat center for a fee of \$50.

Platform Tent with Shared Bath - \$1299 for seven days, \$495 for 3-day weekend

Shared Room with Shared Bath - \$2199 for seven days, \$989 for 3-day weekend

Private Room with Shared Bath - \$3399 for seven days, \$1499 for 3-day weekend

Private Room with Private Bath - \$3999 for seven days, \$1699 for 3-day weekend

The Daily Flow

6 - 7:30 AM – Coffee, Tea, clear broth soup, smoothie

7:30 - 9 AM – Morning Yoga

9:30 - 11 AM – Brunch

11AM – 1PM – Free Time

1:30 – 4:30 PM – Afternoon Adventure (with snack)

5:30 – 6:30 PM – Restorative Yoga

6:30 - 8 PM – Dinner

8 – 9:30 PM tea, talk story, philosophy discussions

What to Bring - Yoga Mat, Yoga clothes, Bathing suit, shorts, sunscreen, sun hat, sunglasses, beach towel, water proof sandals. Optional: art supplies, journal, and musical instrument

To Register - Complete the form below. Be sure to read the Yamas and Niyamas before signing your form. Send in your completed form with deposit check of 50% of your fees. Your balance will be due no later than August 1st, 2012. Fees can be paid with a credit card through Google Checkout or Paypal. Please send an email request to Jennifer@WisdomFlowYoga.com to pay with these online options. Checks should be made to: **God Within LLC** and registration forms mailed to:

Wisdom Flow Yoga c/o Jennifer Lynn
52A Akea Place
Kula, HI 96790
Attn: September Maui Retreat

Contact Information

Ph: 808-268-4095

Em: Jennifer@yogawithjenniferlynn.com

Cancellation Policy – refund request must be received in writing post-dated no later than 90 days prior to retreat date of September 14th, 2012. A processing fee of 10% will be deducted from your refund.

Wisdom Flow Yoga

Retreat Registration Form - September 14th – 20th, 2012

Name: _____

Email: _____

Street Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: Name: _____

Emergency Contact Phone (include area code): _____

Emergency Contact Relation to You: _____

How long have you been practicing Yoga? _____

What Styles? _____

Do you have any injuries or limitations we should know about?

Do you have and food allergies or dietary restrictions or serious dislikes we should know about?

What are your goals and motivations for joining our retreat?

Circle your choice of accommodations:

Tent (community bath house)	\$1299 for seven days	\$495 for 3-day weekend
Shared Cabin Shared Bath	\$2199 for seven days	\$989 for 3-day weekend
Shared Cabin Private Bath	\$2899 for seven days	\$1299 for 3-day weekend
Private Room Shared Bath	\$3399 for seven days	\$1499 for 3-day weekend
Private Room Private Bath	\$3999 for seven days	\$1699 for 3-day weekend

Read the Yamas and Niyamas below and sign the bottom stating you have read, understand and are willing to follow these principles to the best of your ability while on our retreat.

MAHA VRATTA
THE GREAT VOW OF RIGHTEOUS LIVING
Principles of love that help us plant seeds of freedom and joy

YAMAS
ETHICAL OBSERVANCES

1. AHIMSA - non harming - the practice of loving kindness to all beings
2. SATYA - honesty - telling the truth and living your truth and the truth of our oneness
3. ASTEYA - non stealing - only take what is freely and clearly given, including energy and time
4. BRAMACHARYA - sexual purity - never come between others who are in relationship; always treat your beloved as divine
5. APARIGRAHA - non grasping - release neediness and attachment, celebrate the success and happiness of others and offer compassion when others suffer

NIYAMAS
PERSONAL OBSERVANCES

1. SAUCHA - cleanliness and order in body mind and home
2. SANTOSHA - contentment - gratitude for what is and willingness to make the best of it
3. TAPAS - passion and determination to strive for betterment even when severely challenged
4. SVADYAYA - study of self and scriptures - willingness to look at where we are out of alignment, how we got there and how we can return to our highest
5. ISHVARAPRANIDHANA - surrender of all effort to the grace that supports us and all life – offering our efforts to God/Universal Source and the good of all beings.

I _____ (*your name*), have read and understood the above principles and agree that my signature below is evidence that I have read, understood and am willing to follow them while on the Wisdom Flow Yoga Retreat September 14th-20th, 2012.

Signature

Date

Mail form to: Wisdom Flow Yoga with Jennifer Lynn, 52A Akea Place, Kula, HI 96790