

September 16th Integral Yoga Retreat at Lodi Ashram

Namaste All ~

This coming Saturday the 16th of September you are invited to the monthly collective yoga retreat at Lodi Ashram.

Our theme this month is:

Maintaining Yoga Consciousness and Practice in the world.

The day will focus on the practical application of yoga. We will first review the everyday challenges that living in the world presents and frame questions, and then resolve those questions. *Facilitated by Samesh & Aurolei*

Karma Yoga: This month we have outdoor Garden work, indoor Birthday Card creation and as always help in the kitchen will be welcome.

Tentative Retreat schedule:

9:45 am Meet & Greet
10:00 am Meditation and introduction
10:15am Session I - Hostile or Adverse Forces in the World
12:15pm Lunch / clean-up
2:00 pm Karma Yoga
3:30 pm Tea & Snacks
4:30 pm Session II - Preserving "Self" in the World
6:00 pm Children's report
6:30 pm Dinner

THINGS TO BRING:

- Pot-luck contribution for lunch: **ENTREE DISHES REQUESTED** PLEASE CONFIRM WHAT YOU WILL BRING & approx. quantity
- Work clothes/sturdy shoes for outdoors karma yoga Sunhats and garden gloves if you have (we have a few sets here if needed)
- \$10 suggested offering (+ \$10 extra if you want to contribute towards the meditation garden project).

Namaste and looking forward to welcoming you

dakshina

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