



Yoga, Yantra & Meditation

A Retreat with Sarah Tomlinson & Robert Fitzpatrick

Weekend of July 15 - 17, 2011

Friday Evening

Sat & Sun 10:00AM-12:30PM & 2:30-5:00PM

Tuition \$185

Join Sarah Tomlinson & Robert Fitzpatrick for their annual summer retreat at Ananda Ashram. Come to gain balance and personal insights on the past, present and future by meditating on one of three visual yantras (sacred geometrical designs). You will create the yantra revealed to you, along with its vibrational mantra sound. Its beneficial qualities will inspire deep and transformative self-healing. Daily sessions of sublime yoga with Sarah and meditation with Robert will complement and enrich your peaceful retreat experience.



Materials for Yantra Painting: please bring pencil, ruler, compass, eraser, and paintbrushes for watercolor. Gouache paint and paper will be provided. No previous art experience necessary.

Sarah Tomlinson is a teacher and pioneer in the fields of Yoga, Ayurveda and Healing with Yantras. From her extensive studies in India with Harish Johari, Sarah shares the spiritual practice of Yantra Painting. She was also one of the first teachers to be trained in the Jivamukti Yoga Method by David Life and Sharon Gannon. Her approach to asana is further informed by her studies with Diane Long in the tradition of Vanda Scaravelli. Sarah is the author of *Nine Designs For Inner Peace*, by Inner Traditions Publishing. For more information:

www.sarahtomlinsonyoga.com

Robert Fitzpatrick spent many years on his own inner quest, beginning from an early mystical experience which inspired travel, study and an exploration of the essential questions of being and consciousness. He arrived at a place of resilience, patience and guidance, becoming a spiritual inspiration for those seeking their own way into the mystical realms, through a focus on meditation and self-inquiry. Currently, Robert leads meditation retreats in NYC and other locations. For more information:

www.yantratecture.com



SCHOOL OF HATHA YOGA
at Ananda Ashram

Ananda Ashram is a country Yoga retreat providing simple guest accommodations, vegetarian meals, daily meditation, scripture studies, readings, Sanskrit and Hatha Yoga, plus East-West music, dance and more. Located on 85 wooded acres in the foothills of the Catskill Mountains one hour from NYC, easily accessible by car, bus, or train.

Ananda Ashram | 13 Sapphire Road | Monroe, NY 10950 | 845.782.5575 | www.anandaashram.org