



## INQUIRE WITHIN©

*a self-discovery intensive, on and off the mat.*

Sunday, January 22, 2017 8AM-7PM

The transit chart for this event has some interesting energy to work with for our winter intensive. The activities you will be participating in are not a random sequence of practices, but rather a conscious compilation of experiences that can take advantage of the cosmic currents available. That said, it is completely unnecessary to understand anything about astrology to benefit from our work together. But curiosity about this ancient science is welcome.

Inquire within  
Event Date:  
Location:  
Address:  
Facilitator:  
Phone:  
Email:



The cost of the program is \$108. For Sanctuary students. \$125 all others.  
Cash, Check, or Paypal accepted.

Registration closes Jan. 19. No walk-in's will be allowed. Min.-2 Max.-10

Facilitated by: Ida Cullen, C-IAYT, YACEP

Program will be held at: The Sanctuary 560 Main St., Ste.2C, Loch Arbor, NJ 07712

Accommodations for out of town participants may be available.

### What to bring?

First bring your self, however you can 'show' up best. Bring a yoga mat if you have one, and perhaps a personal journal if you like. Dress in comfortable, non-binding layers minus jewelry & no fragrance, please. The space can get both hot and cold in the winter. Be prepared to take your shoes and socks off. Chairs are available, but you do need to be able to be on the floor for periods of time. Please bring water and remove your own trash. We will share one spacious meal together as part of the program. However feel free to bring simple snacks (nuts, raisins, etc) to keep you steady thru the day. I also recommend that you eat very lightly on Saturday so as to prepare your body for possible 'transformation' .....*let your hunger be for enlightenment, not calories.*

*This program is open only to serious students of self-study. It is recommended that you have a minimum of one year of steady, consistent hatha yoga practice and are familiar with most of the basic asanas & pranayama's.  
The program will also include: yama/niyama, pratyahara, dhyana, dharana, and samadhi.*