

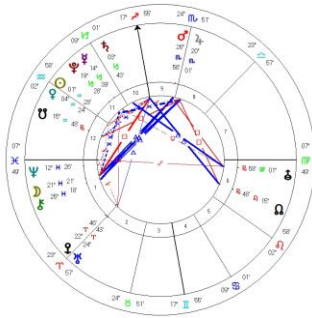
## **INQUIRE WITHIN®**

*A self-discovery intensive, on and off the mat*

Sunday, January 21, 2018 8am- 6pm

Registration closes January 17

Inquire Within  
Event Code  
Jan 21 2018 8am  
8:00am - 6:00pm  
Add'l Fee: \$108/Student  
Add'l Fee: \$125/Other  
Spacetime  
Topic(s)  
Planet(s)  
Moon-Node



*There's so much going on astrologically right now that will impact everyone for years to come. This chart shows the transits for the day of our intensive and it looks like some interesting energy to work with. The Sun just moved into Aquarius, giving us some detachment from the recent emphasis on Capricorn. The Moon in Pisces sandwiched between Neptune and Chiron promises us a healing & spiritual experience.*

*Pluto and Mercury conjunct promises some deep, transformative insights. We'll spend a little time going over all of this and you are encouraged to bring along your natal charts if you have one. If you don't and you want one please contact Ida.*

Our day will begin with gentle hatha yoga. Our off-the-mat activities (may) include: dyads, art, journaling, astro-drama, expressive movement & meditation. Lunch is part of the program and you'll get some detailed instructions when I send out the schedule. Our featured experience will be either Integrative Breathwork or an extended Yoga Nidra.

It is recommended that you have some experience with hatha yoga and that you are interested in the deeper practices. Please feel free to call if you have any questions.

The cost of the program is \$108 for Sanctuary students. \$125 all others.

Cash, check or Paypal accepted.

Registration closes January 17, 2018

No walk-in's will be allowed. Minimum (3) & Maximum (8) limits in effect.

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

Accommodations for out of town participants may be available.

Feel free to call with questions. Group Rates apply.

*This program is open to serious students of self-study. It is recommended that you have some hatha yoga experience and are familiar with most of the basic asanas & pranayama's.*

*The program will also include: yama/niyama, pratyahara, dhyana, dharana, and samadhi.*