



SoCal Yoga Retreat

Intention Through Transition

with Delana Thompson and Ann Duren
Yokoji Zen Mountain Center
September 25 - 27, 2009

Leave your daily concerns behind to relax, eat, practice yoga, meditate, and spend time in nature. Enjoy food prepared by Zen monks and soulful, healing yoga sessions with Ann and Delana. This is your time to restore and renew in a primitive, nurturing retreat environment surrounded by the San Jacinto Mountains, near Palm Springs.



Register

Name _____ Email Address _____
 Mailing Address _____
 Phone Number _____ Roommate Request _____
 Food Allergies/Special Dietary Needs _____
 Emergency Contact Name and # _____

\$325 per person, \$75 deposit reserves your space, balance due September 1st.

Checks and Registration forms to: **Ann Duren, 9836 Rimpark Way, San Diego, CA 92124**



Delana Thompson began teaching yoga in Santa Cruz in 2005. Her approach to asana includes both the vinyasa and yin styles while incorporating techniques in breath, chanting, and meditation. Delana's teaching and practice have been inspired by Sarah Powers, Mark Stephens, Erich Schiffmann, and most intimately by her beloved teacher, Kelly Blaser.
www.YogaWithDelana.com, 831-332-1509



Ann Duren has been a dedicated practitioner of yoga for more than 13 years and has taught in San Diego for 8 years. She was trained in the Classical Indra Devi style of hatha yoga by Leslie Ferree and has studied with Erich Schiffmann, Roger Cole, Gary Kraftsow, and her teacher Donna Todd, among others. The primary philosophical basis of her teaching is the Viniyoga tradition. www.AnnDurenYoga.com, 858-395-5480