

daylong celebration of the winter solstice

yoga and meditation retreat

Sunday, December 12, 2010 | 9:30 am – 5:00 pm

Winter Solstice has been celebrated in cultures all over the world for thousands of years. The start of the solar year is a celebration of Light and the rebirth of the Sun. A solstice occurs twice a year, whenever Earth's axis tilts the most toward or away from the Sun, causing the Sun to be farthest north or south at noon. The name is derived from the Latin sol (sun) and sistere (to stand still). At the solstice, the Sun stands still in declination, that is, its movement north or south is minimal. This is the time of greatest darkness when we seek within ourselves to comprehend our true nature.

We'll begin the day with a yoga practice & meditation, a turning inward, and letting go of what we no longer want in our lives. After our closing meditation, we will take time to be silent and open to what we want to manifest in the coming year. There will be time set aside to journal or sit, as you prefer. After lunch, we will enjoy some walking meditation, weather permitting outside and close with a restorative yoga practice and final meditation, sealing in our intentions for the new year.

Bring 2 or 3 blankets, yoga mat and a journal or notebook.

Come 15 minutes early to set up your space.



TERESA OWEN has been studying yoga since 1997. Her teaching style reflects her experience as a long-time competitive athlete, healthcare advocate, event and group facilitator, wife and mother of two college students. She weaves together her life experience, love of yoga and spiritual exploration, with an eye toward keeping her classes both accessible and challenging. Her primary training is in the Iyengar style, including an eclectic mix of intensive work with Forrest Yoga, Vini Yoga and Yoga Therapy. She is also a Reiki Master and is currently expanding her training to include other forms of energy healing.

COST \$95 in advance. Includes lunch

TO REGISTER please send a check for \$95 to Teresa Owen at 7 Galway Lane, San Rafael, CA 94903

For directions, see sfzc.org/ggfindex.htm.

FOR MORE INFORMATION:

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