

Now at Omega's beautiful Rhinebeck, New York campus.

being 2009 Yoga

Conference
Retreat

August 21-23

Live Your Yoga

Course 3902-748/Tuition \$445 (Intensives \$100)

Scholarships are available. CEs are available for some sessions; see eOmega.org/beingyoga.

Come immerse yourself in yoga in the beautiful Hudson Valley. Our entire Rhinebeck, New York campus will be transformed into a yoga community where you can sample a variety of yoga styles and meet new friends. Enjoy the outdoors, quiet nights, and delicious, nutritious, vegetarian meals that make Omega a renowned destination for all those interested in wellness and personal growth.

Omega is a leader in shaping a "modern approach" to this 5,000-year-old tradition, combining yoga's physical, philosophical, and spiritual ideals in a way that you won't find at your local gym or health club.

At Omega, we inspire you to think of yoga not just as something you do, but also as something you are.

What makes our Being Yoga 2009 conference unique are opportunities to:

- Dive deep into practice with a Friday afternoon intensive (see below)
- Participate in a full-faculty gathering at the opening celebration on Friday night
- Learn what it means to "live your yoga" by designing your schedule to explore a theme
- Examine the way you eat and cook through healthy meals and cooking classes
- Explore sustainability through programs offered at our new Omega Center for Sustainable Living
- Participate in service and practice Karma Yoga

In addition to traditional asana classes, you'll also be able to take workshops in:

- Meditation
- Kirtan (devotional chanting)
- Dance
- Thai massage
- Tai chi
- Yogic philosophy
- Sustainable living
- Food & cooking

Start your weekend retreat with a **half-day intensive** on Friday afternoon and study in-depth with a top teacher, including Shiva Rea, Gurmukh Kaur Khalsa, Rodney Yee and Colleen Saidman Yee, Aadil Palkhivala, Seane Corn, Tias Little, Sharon Salzberg, David Swenson, and more.

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For schedules, information, and registration, visit

eOmega.org/beingyoga

or call 800.944.1001

Teachers include:

Shiva Rea

David Life

Sharon Gannon

Seane Corn

Aadil Palkhivala

Tias Little

Rodney Yee

Colleen Saidman Yee

Sharon Salzberg

Brett Bevell

Glenn Black

Kelly McGonigal

Michael Craft

Wah!

Gurushabd Singh Khalsa

Gurmukh Kaur Khalsa

Kaline Alayna Kelly

Sri Dharma Mittra

Queen Afua

David Swenson

Jenn Brown

Mark Whitwell

Marla Apt

Steven Weiss

Annie B. Bond

Rev. Jaganath Carrera

Manna Jo Greene

Robert Turner

Skip Backus

Rachel Fleischman

Amy Ippoliti

