

Meditation & Yoga Weekend Workshop



Experiencing Wholeness Now

This IS our real life – and we’d better start living it fully or else....

Yogeshwari Kamini Desai

November 3rd - 5th, 2017

Holy Cross Abbey, Canon City, CO

Many of us tell ourselves that someday, when our internal “to do” list is done, we will start living. We live as if this is our “pretend life,” and that our real life will begin some day in the distant future – until one day we figure out that this is it! This IS our real life – and we’d better start living it fully or else we will miss it.

This weekend we will be looking at the habits that keep us out of the moment now. We will explore our habit of constantly looking to another time, another circumstance, another body, personality or way of being that will somehow qualify us to begin living a full life. We will learn how to live from intention versus excessive goal orientation that keep us locked in the future and missing the beauty of the journey. We will use yoga, meditation, reflection exercises, teaching and discussion to find the intersection between being and becoming – where we can move in a direction in time, and yet be fulfilled with ourselves as we are and our life as it is.

This weekend is time for you to come back to experience of wholeness and fulfillment now. A fun, invigorating, deeply relaxing, and insightful workshop. All levels welcome!

When: November 3rd, 4th, 5th, 2017
(Workshop starts Fri at 7pm, ends Sun 11:30 am)

Where: Abbey Events Center
Holy Cross Abbey Canon City, CO

Cost: * **\$195*Early Registration Discounts***
_____ * \$175 if received by May 31st, 2017 *
_____ * \$185 if received by June 30th, 2017 *
_____ * \$190 if received by Sept. 15th, 2017*
_____ **TOTAL DUE** Your \$50 check or money order

(non-refundable deposit) will hold your place
Until October 1, 2017, when the full amount is due.
Make checks payable to Elaine Schuhrke & Send to
1706 Pinion Ave, Canon City, CO 81212

On Campus Housing Available
Contact: Patti Jo Wagner At The Abbey
Phone: (719) 275-8631 ext 4 or
Email at: Patti.wagner@theabbeycc.com

What: Weekend Workshop with Kamini Desai
Tuition, Vegetarian Meals: Sat Breakfast & Lunch, Sunday Breakfast

Contact: Elaine Schuhrke
Ph (719-269-1887) or eschuhrke@juno.com

Name _____

Street _____

City, State, Zip _____

Phone _____

Email _____

More Information at KaminiDesai.com