

Unpeel the layers of false identification

EXPLORE THE FIVE KOSHAS

Yoga-Retreat with Diana Wilson, RYT



Saturday, Sept 11, 2010

10:00 a.m. - 4:00 p.m.

at the

**Sambodh Center for Human
Excellence**

6363 N. 24th St.

Kalamazoo, MI 49004

**Light Vegetarian Lunch included on Saturday
Workshop Retreat Fee: \$50**

DESCRIPTION: "Kosha" means "sheath or covering," in other words, the multi-dimensional components of our human nature. The all pervading, ever-present Self cannot be hidden by gross or subtle matter. Identification with

any aspect of the five sheaths or Koshas stems from ignorance and false identification. Just as one's material possessions are distinguished from one's self, the Self has is not the five sheaths. The knower is always different from the known; the self, the knower, is said to be beyond the sheaths.

Information: Diana (269) 758-3355 or Ruth (269) 327-3774

Email: PrasadYoga@aol.com or Indiaink@charter.net

Diana Wilson, RYT, is a certified Hatha Yoga instructor, through Integrative Yoga Therapy. As a lifelong practitioner and student of Hatha Yoga she has studied various styles and traditions. She has been instructing students in Hatha Yoga for 20 years, primarily in Michigan. Through a process of personal inquiry and self-discovery, she applies the principles of Yoga to all aspects of life and assists her students to accomplish the same.

Early Registration Discount of \$10

for those who mail in this form along with their payment before September 5, 2010

Payment also accepted via PayPal on-line at www.sambodh.us

~ Scroll down towards the bottom of our Sambodh website Home-page ~

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Mail in your Retreat Registration form along with your payment to:

The Sambodh Society, Inc. P.O. Box 248, Kalamazoo, MI 49004

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ \$40 Early-Bird received by 9/5/10 \$50 after 9/5/10

Please make your checks payable to: The Sambodh Society, Inc.