



# A Yoga Day Retreat: Yoga from the Heart

Opening  
to the Presence  
of Divine  
Love

with  
**Gail Stepanek (Suvani)**

**Sunday, September 20, 2009**

10:00 AM to 5:00 PM

MA Center, Amrita Hall

10200 Crow Canyon Road

Castro Valley, CA 94552

## **Fees**

Student Rate: \$40

Regular Rate: \$50

## **Or register before Sept. 12th:**

Student Rate: \$30

Regular Rate: \$40

## **For information**

Visit [www.amma.org/events/yoga-retreat.html](http://www.amma.org/events/yoga-retreat.html)

Email [events@ammachi.org](mailto:events@ammachi.org)

Call 510-537-9417 EXT 431

See reverse for how to register and for directions.

## **Shuttle pick-up from BART**

RSVP for a 9:15 AM pick-up at Castro Valley BART.

See reverse for more about Gail Stepanek

## **Day will include**

10:00 AM–12:00 noon

Hatha yoga and  
pranayama

12:00–1:30 PM Lunch break  
& optional chair massage

1:30–2:00

Walking meditation

2:00–5:00

Chanting, discussion and  
sitting meditation

5:00 Tea

## **Items to bring**

- Yoga mat or large towel
- Light blanket
- Loose fitting clothes suitable for movement
- Small cushion for meditation

## **This Retreat Will Offer**

the opportunity to relax, rejuvenate the body, calm the mind, and open the heart. It will take place in a beautiful natural setting with time to reflect and enjoy nature. A vegetarian lunch will be included (chair massage will also be available during the lunch break at an additional charge). All fees from the retreat will be donated to charity projects worldwide.

The morning session will include hatha yoga postures and pranayama (breathing exercises) to strengthen and revitalize, bring flexibility to the body and relaxing both body and mind. Moving from the heart and receptivity to divine love and grace will be emphasized. The afternoon session will include a walking meditation, chanting, discussion, and several sitting meditations.



# A Yoga Day Retreat

*Sunday, September 20, 2009, 10:00 AM to 5:00 PM*  
*With Gail Stepanek (Suvani)*

## *How to register*

Web [www.amma.org/events/yoga-retreat.html](http://www.amma.org/events/yoga-retreat.html)  
Fax Download and print a registration form at  
[www.amma.org/events/yoga-retreat.pdf](http://www.amma.org/events/yoga-retreat.pdf)  
and fax it to 510-217-2286  
Mail Mail a check or money order  
(payable to MA Center) to:  
MA Center Yoga  
PO Box 613, San Ramon, CA 94583

## *Fees*

Student Rate: \$40  
Regular Rate: \$50

## **Or register before Sept. 12th:**

Student Rate: \$30  
Regular Rate: \$40

To RSVP for a shuttle pick-up at Castro Valley BART or for more information please contact us at:  
**events@ammachi.org** or call **510-537-9417 EXT 431**.

This workshop is for all levels. *Bring your own yoga mat or towel, a light blanket, a journal or art pad for writing and drawing, and a small cushion for meditation. Wear loose fitting clothes.*

## *Driving directions to M.A. Center*

10200 Crow Canyon Road, Castro Valley  
510-537-9417

### *From the West*

Going east on 580 take Crow Canyon Rd./Center St. exit in Castro Valley. Go left on Center St., right on Castro Valley Blvd. and left on Crow Canyon Rd. Go 5 miles and turn left onto a blacktop driveway and follow our posted signs from there.

### *From the East or North*

Take I-80 west to 680 south. Take Crow Canyon Rd. exit in San Ramon and go right on Crow Canyon Rd. for 3 miles. Turn right onto a blacktop driveway and follow our posted signs from there.

### *From the South*

Go north on 680 to Crow Canyon Rd. exit in San Ramon. Go left on Crow Canyon Rd. for 3 miles. Turn right onto a blacktop driveway and follow our posted signs from there.

### *From the Castro Valley BART*

As you exit the BART station on Norbridge Ave, turn left on Redwood Rd. and then right at your first light which is Castro Valley Blvd. Go through several lights on Castro Valley Blvd., and the first light after Center St. is Crow Canyon Rd. Go left on Crow Canyon Rd. for 5 miles. Turn left onto a blacktop driveway and follow our posted signs from there.

## *Gail Stepanek (Suvani), MA*

Suvani has been teaching and practicing yoga, meditation, and dance for over 35 years. She was a professional modern dancer and choreographer in New York where she directed her own dance company for 16 years. Suvani is a certified yoga instructor who has studied the styles of Sivananda Yoga, Integral Yoga, Ashtanga Yoga, and Anusara Yoga.

She has taught in universities, colleges, studios, ashrams, and yoga centers throughout the U.S., Europe, and India. Suvani is currently an Instructor in Yoga at City College of San Francisco and teaches privately in the Walnut Creek area where she lives.