

YOGA MEDICINE

An Ayurveda and Anusara Yoga Wellness Retreat With Sonam Targee & Angela Caplan

Harvest healing herbs and make therapeutic tinctures. Immerse yourself in the beauty of Sweet Briar's surroundings. Enjoy good company, eat nourishing meals, learn how to cultivate a healthy lifestyle, and implement ayurvedic herbal medicine. Anusara style hatha yoga practice will be both energetic and relaxing.



Presented By **Radiance Spa** at SWEET BRIAR

Retreat: Sunday September 19, 2010

Time: 3:00 PM – 7:00 PM

Registration: \$95

By Sept. 15th please

Sonam has maintained a clinical practice combining Ayurveda and traditional Chinese medicine for 20 years. He is a member of the National Ayurvedic Medical Association. Sonam has studied extensively with Dr. Vasant Lad and is a graduate of the New England School of Acupuncture. He also is a long-time practitioner of yoga and tai chi.

Angela Caplan RYT, is a Certified Anusara Yoga instructor & Relax & Renew Trainer. She currently teaches at her Geneseo studio, Shakti Yoga and on the University of Rochester campus. Angela teaches private sessions in meditation and yoga therapy in the beautiful setting of Sweet Briar. There she is the director and owner of Radiance Spa and Healing Arts Center.



Accommodations at Sweet Briar Bed and Breakfast:
Special Rates for workshop participants-

- \$88-\$108 Double Occupancy
- \$120-\$138 Single Occupancy

This is the forth time this retreat is being offered. Returning students may receive a 20% discount.

Abhyanga massage and other spa services available- please schedule in advance.

(585)245-9886 or (585)243-5240 PO Box 476 Route 63 Geneseo, NY, 14435 www.sweet-briar.net • radiance@sweet-briar.net

Yoga Medicine Retreat ~ Please send your registration with a check payable to Radiance Spa.

Name: _____

Phone: _____

Address: _____

E-mail: _____

Amount enclosed: _____

Thank You!