



**Rama Jyoti Vernon** is considered to be one of the founding mothers of yoga in the western world. She created *yoga journal* at her kitchen table in the early 1970's. She was one of the first to introduce BKS Iyengar to the US, and was one of his longtime students, starting the Iyengar Yoga Association in San Francisco. She founded the California Yoga Teachers Association and also, Unity in Yoga which went on to serve as the umbrella organization for Yoga Alliance. In addition to her exploration and teaching of yoga, she received a calling to take yoga out of the classroom and into the world. She went on to found the Center for International Dialogue and has traveled the world working for peace and conflict transformation. Her peace work was based on the teachings of Patanjali's yoga sutras. She has taught yoga around the world for nearly five decades.

[www.ramavernon.com](http://www.ramavernon.com)

For More Information about this weekend workshop, email

[melissa@lotusintheflame.com](mailto:melissa@lotusintheflame.com)

# *The Spiritual Dimensions of Yoga*

*with Rama Jyoti Vernon*  
*August 20-22, 2010*

*Transformations*  
*Center for Spirituality, Nazareth, MI*

## **Weekend Schedule**

During this weekend workshop Rama will share stories from her own personal journey with yoga as well as share her wealth of knowledge of asana, pranayama and meditation.

**Friday August 20th, 6:30-8:30pm**

Yoga as a Spiritual Practice \$45

**Saturday August 21st**

10am-1pm \$65

Accessing Spirit through Asana and Pranayama

2:30-5pm \$65

Exploring the Subtle Body in Meditation

**Sunday August 22nd**

10am-1pm \$65

The Mythological Roots of Yoga Asanas

2:30-5pm \$65

Yoga Practice as Inspiration for Change

**Early Registration before May 31st: Entire Weekend \$265**

After June 1st \$295

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_ Entire Weekend \$265

\_\_\_\_\_ After June 1st \$295

List Individual Sessions: \_\_\_\_\_

Total Payment: \_\_\_\_\_

**Mail Payment To:**

**Melissa Spamer, 13108 Neon Ave, NE Albuquerque, NM, 87112**