

REGISTRATION.

Use this form or register online by emailing:
namaste@dharmakshetrayoga.com

Name: _____

Address: _____

City: _____ State: _____

Email: _____

Investment: ___\$375

___\$325 Early Bird by 3/27/23

Payment method: check _____
(make checks to "Dharma Kshetra Yoga")

credit card ___ Zelle ___
(we will invoice you through PayPal)

Refund Policy: A \$50 non-refundable processing fee applies to each person registering. All requests for refund of remaining fees must be in writing and must be RECEIVED (not postmarked) 7 days before the course begins. No refunds thereafter. Refunds will be given as credit toward future Dharma Kshetra Yoga courses. Refunds or credit will not be given for late arrival, unattended events, early departure, or no-shows.

YOUR INSTRUCTORS.

Atmadarshan Laura Santoro teaches in Cleveland, Ohio and internationally on a variety of topics, including the *Bhagavad Gita*. Her humor and inspirational story telling makes its ancient wisdom accessible to modern students. Atmadarshan has completed her own original translations and commentaries on the *Gita*.

Nityatara Cathy Prescott has been practicing yoga over 40 years and teaching for over 20 years. She has an extensive background in therapeutic Yoga, Ayurveda, Mudras and more. She loves supporting students on their personal yoga journeys.

THE VENUE.

Attend this year's program online OR at Manasarovar, a private residence in the greater Cleveland area. The venue features a full kitchen, space for classes to be held outside (weather permitting), and plenty of room to relax and reflect. Out of town guests are invited to contact us for housing options.

Group size is limited to ensure more personal interaction with the teaching staff. Space is available on a first-paid basis. Your instructors can be booked for private sessions before or after the retreat - inquire for more information.

CEUs for yoga teachers are available.

*Art courtesy of The Bhaktivedanta Book Trust International, Inc., krishna.com.
Cover photo: wellknownplaces.com/arjuna-statue-in-bali-discovering-local-traditions-and-culture.html*

The 13th Annual Retreat!

FACING YOUR GREATEST CHALLENGE

Chapter 12 of the Bhagavad Gita

May 26-28, 2023



Presented by
Dharma Kshetra Yoga

216-245-7425

welcomingdestiny.com



Do you ever wonder if you've really known love? Do you feel like your efforts are completely blocked and you are back at square one?

The greatest hero of all time faces a critical choice that will affect his ability to love, be loved, and reach his ultimate destiny. What is that choice? Can we learn from his decision and reach our full potential in all areas of life? The spiritual masterpiece *Bhagavad Gita* has these answers and more.

In 2010, Atmadarshan took a resolve to present 20 annual retreats on the practical wisdom of the *Bhagavad Gita*. Her passionate teaching, combined with the support of partner Nityatara and an amazing community of participants, has ensured that each year is better than the last. Enjoy this very special 13th year reunion with friends old and new, a complimentary copy of Atmadarshan's original translation, plus other extras!

Your retreat will include discussion, meditations, yoga classes and more. All are welcome! **Space is strictly limited** so you receive personal attention.

Yoga Alliance CEUs and certificates of completion available on request.

Friday

7-8:30p **Introduction to the *Gita***

Saturday

7-8:00a **Morning Yoga Class** (optional)

8-9:00a Breakfast (optional)

9-10:30a **Review of Chapters 1-11:**

Prepare for the Fight of Your Life

10:30a Tea Break

11-12:30p **Chapter 12: How Can I Be My Best?**

12:30-2p Lunch & Reflection Time

2-3:30p **But What if I Can't?**

3:30p Tea Break

4-4:30p Havan preparation (optional)

4:30-6p **Havan & Kirtan** (optional)

6-7:00p Dinner (optional)

7-7:30p **Evening Program** (optional)

Sunday

7-8:00a **Morning Yoga Class** (optional)

8-9:00a Breakfast (optional)

9-10:30a **How Will I Know I Succeeded?**

10:30a Tea Break

11-12:30p **Does Anyone Really Love Me?: Questions & Final Meditation**

Please complete the Registration Form (on reverse) and the Waiver online or below. If using this form, you may mail it to Dharma Kshetra Yoga, 1711 Oakmount Road, South Euclid, OH 44121, or scan / take a photo & email to namaste@dharmakshetrayoga.com.

Waiver of Liability: I understand that there are serious inherent risks with all physical activity, and that when doing yoga or engaging in any similarly strenuous pursuit, I may suffer minor or serious injury. I understand these risks, and assume responsibility for my own health, releasing Dharma Kshetra Yoga, LLC, & all their staff and volunteers from any liability. I further understand that I will be required to fill out a health questionnaire and disclose forms of treatment I am currently undergoing. I have read the waiver of liability above and the refund policy on the reverse and agree to the stated terms.

Print Name:

Signature:

Date: _____

Programming may be subject to change.