

# Gathering a Scattered Mind, a retreat into pratyahara

april 9,10,11 2016

the spring meadow @ Skalitude

In the yogic tradition, Pratyahara is the withdrawal of the senses. From this we experience a deep integration between the mind & body such that pure consciousness shines through. In this weekend retreat, we will expand on this idea by combining the nourishing wisdom of Ayurveda with the psychological bliss of yoga & meditation. As our minds are constantly bombarded through the stimulating mediums of modern communication, this weekend will act as a cleansing catalyst to renew our sense of discernment & discrimination so that we may re-enter our lives more present and aware.

Topics of discussion will include:

mental fasting & rejuvenation techniques • conscious thought & subconscious programming • how diet effects the mind, body & spirit • the 'right' use of our senses - action & perception • Ayurvedic & Yogic principles for daily living

## *your facilitators*



**Sarah** is the co-owner of Life in Balance in Seattle, where she assists clients in returning to their true nature through Ayurvedic consulting and rejuvenating bodywork. She is a graduate of The Ayurvedic Institute in New Mexico, where she studied Ayurveda and Yoga under Dr. Vasant Lad, and has traveled extensively throughout India, studying with renowned Ayurvedic doctors and scholars. It is her intention to encourage integration of all health care systems and wisdom traditions for the benefit of all beings. More information about Sarah can be found at: [ayurvedaseattle.com](http://ayurvedaseattle.com)



A former resident of the Methow Valley, **Christopher Sean** now has a practice in Seattle as a Ayurvedic therapist, LMP & educator. In his studies with Dr. Lad at the Ayurvedic Institute he realized his niche in translating the ancient wisdom of Ayurveda into daily actions and now offers a unique perspective on wellness integration. He continues his holistic studies with NLP, storytelling and natural living while crafting a personalized approach to health for his clients at Wild Sun Therapeutics. Information can be found at: [wildsunmassage.com](http://wildsunmassage.com)

**Skalitude** is a retreat center located in the Methow valley of North Central Washington & offers an idyllic setting for the natural senses. Situated on 160 acres & surrounded by wildlands, Skalitude embodies the spirit of good earth stewardship with sustainable practices & solar power. The main lodge has radiant floor heat and an easy atmosphere for movement & meditation. While the sauna beckons to cleanse & relax, the trails will provide signs of local wildlife and a deep connection to the seasonal rhythms. Learn more at: [skalitude.com](http://skalitude.com)

**\$375 > 2 days, 2 nights**

**including all meals, lodging and programs. Friday evening will be an open community event with a short talk, meditation and feast to follow. Saturday & Sunday begin with meditation & breakfast served after. Saturday will be filled with talks, activities & time for rest & integration. Sunday's program will end by 2pm with a closing meditation. Rooms are single/double occupancy depending on the number of participants.**

FOR REGISTRATION CONTACT CHRISTOPHER SEAN @ [WILDSUNMESSAGE@GMAIL.COM](mailto:WILDSUNMESSAGE@GMAIL.COM)

or CALL 206-437-0686