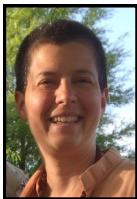


## FEATURED PRESENTERS



**Acharya Swami Atmarupa Saraswati** started teaching yoga over 20 years ago and has led programs in the US, Colombia, India, Australia and Mexico. In November, she became one of six founding Yogacharyas (master teachers) of the Yoga Vidya Council, International Yoga Fellowship Movement. She spent 25 years in anesthesia and 10 years on the faculty of the renowned Cleveland Clinic before opening her own studio, the Atma Center, in 1997. Swami Atmarupa is the Director of Education for the Yoga Academy of North America. Her wealth of knowledge and down-to-earth style have made her a much sought-after instructor for group and private classes, retreats and workshops.



**Sannyasi Atmadarshan** worked in psychiatry before completing yoga teacher training in 2001. She is a senior instructor for YANA, lectures across the US and internationally, and leads annual retreats on the Bhagavad Gita. Her humor and ability to make ancient principles of yoga applicable to daily life enhance the popularity of her classes.

## GUEST PRESENTERS

Your presenters are experienced instructors with Academy training in general yogic science as well as specific principles and applications. They join us from all corners of North America and are excited to share their knowledge with you. Learn more about them and the topics they will share at [yogaacademyna.org](http://yogaacademyna.org).

## VENUE



### Radisson Gateway, Cleveland

Located in the heart of the Gateway District  
Easy access to transportation, dining,  
and activities to suit everyone's interests.

#### Accommodations:

- \$119 group rate available until August 1.
- Phone: 216-377-9000 and ask for the YANA Urban Retreat discount
- Parking: \$10/day
- <https://www.radisson.com/cleveland-hotel-oh-44115/ohclev>



#### Retreat:

- \$295 until August 1; \$395 thereafter
- \$50 for the Pre-Conference
- Accredited Teachers: see Discounts on Registration Form

## Yoga Academy of North America

Educate · Serve · Transform

The Yoga Academy of North America is internationally affiliated with the Bihar School of Yoga in India.

Since its inception in 2004, it has provided in-depth education in traditional yoga theory and practices to students from over 30 states in the US and 20 countries around the world.

Our courses are for serious students of yoga who want to expand their knowledge and are open to the possibility of being transformed through the process.

YANA is a tax-exempt nonprofit that also promotes and supports seva projects within our global community.

Yoga Academy of North America  
2319 Lee Road  
Cleveland Heights, OH 44118  
Phone: 216-217-0691  
Fax: 216-371-9780

[yogaacademyna.org](http://yogaacademyna.org)  
[info@yogaacademyna.org](mailto:info@yogaacademyna.org)



# Develop Connection and Awaken Wisdom

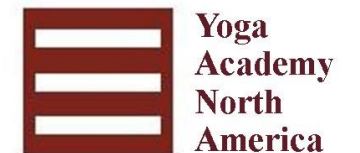
*A Groundbreaking Urban Yoga Retreat  
Exploring the Chakras*



**End of Summer  
Weekend Conference  
September 2 - 4, 2016**

**Personal Retreat Option  
September 5 - 10**

**Cleveland, Ohio**



## END OF SUMMER GETAWAY

**CONNECT.** The word *yoga* means “union.” Create a more unified personal practice and join like-minded people for this inaugural retreat in the heart of Cleveland, America’s comeback city.

**CHAKRAS** are energy centers which represent different levels of our being, including physical, vital, mental, and spiritual. One of the main goals of yoga is to transcend the drives of the lower chakras and integrate their energies into the work of the higher ones. Delve deeply into the first and sixth chakras, which are closely linked together and serve as the cornerstone for understanding the entire chakra system. Mooladhara (1<sup>st</sup>) Chakra gives us our reason for being in the world while Ajna (6<sup>th</sup>) Chakra awakens us to our highest potential.

This **RETREAT** provides two levels of practice to meet your unique needs, exciting sessions on chakra theory, and networking with new and old friends.

**Family friendly!** Your partner, children, or friends can come along and enjoy some of the sites and activities that make Cleveland such a great destination. Attend an all-ages yoga class at the beautiful Cleveland Public Library. Take a narrated cruise on the Cuyahoga River, relax on a Lake Erie beach, or explore any of our world-famous museums.

**Want more?** Join us for the pre-conference on Friday. Extend your stay at our residential center and we can help you design a personal retreat. Schedule a private yoga session or join us for a series of foundational and specialty yoga classes. Explore the city and metroparks or simply relax in the meditation garden...

...the possibilities are endless!

## PROGRAM SUMMARY

### —Pre-Conference—

**Friday (10:30am-5:00pm):**

- Yoga at the Museum: guided tour and yoga class at Cleveland Museum of Art
- Inspiration from India: news from Bihar School of Yoga and how this style of yoga will evolve over the next 50 years
- Ashram-style Yoga Class with Sannyasi Atmadarshan

### —Conference—

**Friday evening (7:00-9:30pm):**

- Welcome & Keynote: *“Tantra and the Chakras: Overcoming Duality for Wellbeing in Body, Mind, and Spirit”* with Yogacharya Swami Atmarupa
- Introduction to the Chakras
- Social Hour / Networking

**Saturday (6:30am-9:00pm):**

- Early Morning Chanting
- \* **Morning Yoga**
- Breakfast Buffet (8:00-9:00am)
- Ajna—Master Key for Unlocking the Chakras
- \* **Yoga Nidra for Awakening the Chakras**
- Lunch on Own (Noon-2pm)
- SEVA Initiatives—Presentation and Steps You Can Take Now for Your Community
- \* **Meditation and the Chakra System**
- Dinner on Own (5:00-7:00pm)
- Kirtan (bring your guests)
- Satsang / Q&A

\* **Two Levels for All Practice Sessions** \*

### —Conference—

**Sunday (6:30am-4:00pm):**

- Early Morning Chanting
- \* **Morning Yoga**
- Breakfast Buffet (8:00-9:00am)
- Mooladhara—The Base for Expanding Growth and Consciousness
- The Ajna/Mooladhara Connection
- \* **Yoga Nidra**
- Lunch on Own (Noon-2:00pm)
- Taking it Home—How to Deepen Your Personal Practice and Enhance Your Classes with the Chakras (as a student and as a teacher)
- Satsang / Q&A
- Closing Meditation
- End (4:00pm)

### Family and Guest Activities:

Morning and afternoon options are available during the conference. Join us for Kirtan.

### —Optional Personal Retreat—

**Monday—Saturday, Sep 5-10**

Create your own retreat.  
Stay an extra day or longer.

Contact YANA directly to make arrangements.

info@yogaacademyna.org  
216-217-0691

**Continuing Education Units Available!**  
For full program descriptions and details,  
please visit <http://yogaacademyna.org>

## —REGISTRATION FORM—

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Conference Fees:  \$295 through 8/1

(includes breakfast)  \$395 after 8/1

\$ 50 Pre-Conference

Accredited Teacher Discounts:

10% Level 1  20% Level 2

Amount Enclosed: \$ \_\_\_\_\_

Payment:  Check (to YANA)  Charge  Cash

Card Number & Name on Card (print clearly)

\_\_\_\_\_

\_\_\_\_\_

Expiration \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Guests Attending (please include children’s ages):

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

### REFUND POLICY:

A \$75 non-refundable processing fee applies to each person registering for the conference. All refund requests must be in writing and RECEIVED (not postmarked) 10 days before the conference begins. No refunds thereafter. Refunds will be given as credit toward future YANA workshops or courses. Refunds or credit will not be given for late arrival, unattended events, early departure, or no-shows.