

# MORNING AND NIGHT

Changing Your Life Through the Yamas & Niyamas

July 7-11, 2010

**Roger Sams** and **Deborah Adele** invite you to the rolling hills of southern Ohio for exploration of yogic wisdom, music and dance making, beautiful land, sacred community, quiet time, gentle stretching, meditation and amazing vegetarian food.

Each morning Deborah offers yoga's ten tenants as a guide for a life well lived. Roger utilizes the arts to deepen your understanding in the afternoon as you prepare to enter the sacred darkness each night through Transformational Movement, opening up possibilities for wordless experience of the Divine within and without.

Together we craft sacred space, allowing for the free flow of loving energy that nurtures, heals, informs and guides.

**Roger Sams**, MA, travels throughout the US leading seminars for music and movement educators and spiritual retreats for those interested in touching God through the arts. Trained in Gestalt theory at the Gestalt Institute of Cleveland and a certified TranceDance Ritual Facilitator, Roger has taught at many universities throughout the country. He is the founder of Dancing Paradox: Transformation through the Arts and Spiritual Director of the Sacred Arts Holistic Center.

**Deborah Adele**, MA, co-owns and co-directs Yoga North Studio, where she teaches Eastern philosophy and yogic life skills. She is the author of The Yamas & Niyamas: Exploring Yoga's Ethical Practice. She lives in Duluth, MN with her husband, a Lutheran minister, bridging the richness of Eastern philosophy and Christian theology.

**July 7-11, 2010**

**Hope Springs Institute  
Peebles, OH (near Cincinnati)**

Past participants say:

*"This is an intensely satisfying experience in a glorious environment. Roger and Deborah inspire new heights of creative energy and peace. Everyday living takes on a whole new dimension."*

*"Huge personal growth! If that is what you want, then this retreat is for you!"*

*"The silence was rich, sweet, spacious and deep in me. It has allowed me to trust God completely."*

*"These retreats are powerful, life-affirming, transformative and delightful."*

**\$950 if paid in full by 5/1/10**

**\$1100 after 5/1/10**

**Lock in a Super Early Bird Price of only \$850 with a \$200 deposit by August 15, 2009!**

## **REGISTRATION FORM:**

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

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

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

**To lock in the \$850 super discounted price send a check made out to Yoga North along with the above registration form to:**

**Yoga North**

**4628 Pitt Street, Suite 208**

**Duluth, MN 55804**

Questions?

[deborahadele@earthlink.net](mailto:deborahadele@earthlink.net) (218) 349-2174.

[rogersams@mac.com](mailto:rogersams@mac.com) (216) 476-0583