SUMMER SOLSTICE DAY OF YOGA, MEDITATION AND MIND-BODY SEASONAL PREPARATION MAYAN MIND, MAYAN MOVEMENT

20TH JUNE 2010

INNER PEACE FOREST RETREAT - MONCHIQUE

all day café

children's forest

play activities and camping available

9.30-10.00 hrs - Arrival, Registration, Introduction

10.00 hrs Yoga Asana and Pranayama

12.00 hrs Solar Alignment - Sun Warrior Mind (Salutation or Meditation)

13.00 hrs Lunch Break: (Lunch time talk – Inner Peace, Global Peace, Olympic Effort 2012)

15.00 hrs Workshop: the Mayan Calendar, Yoga and Meditation

17.00 hrs End of Day

18.00 hrs Informal Presentation/Discussion - World Environment Day 2010 in the International Year of Biodiversity A Global Overview on the State of our Planet.

Master of Ceremonies Gordon L Silence

Please come and join all or part of this programme with friends and family to enjoy a day in nature, improve your practice, celebrate and share knowledge in the spirit of Sangha to mark the passing of the 2010 Solstice in preparation for the Mayan calendar end date 2012.

NB You can also come for a full weekend fast/detox (Friday 18th and Sat 19th) or volunteer your help to make this a very special and empowering event

Price: 25 Euros /Donation /5 Euros Children /Evening Free

(including yegetarian lunch, bring your own drinks. For more details, directions or to confirm, please let me know by email <u>gordonleesilence@sapo.pt</u> or phone ISMS me

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