

About The Instructors

Erin and Melissa are co-founders of Source Yoga in Tacoma, Washington. They have been collaborating and working together for over 10 years. They are each mothers to toddler boys, and have found their sons to be their greatest teachers. Melissa and Erin believe that a healthy body at ease provides the experience of well-being, freeing up the individual to grow and develop in all ways. In their classes, you are encouraged to discover a renewed sense of Self physically, emotionally, and spiritually and to make your practice your own. You will leave their classes with a relaxed body, joyful spirit, and a quiet mind.



Source Yoga is a neighborhood yoga center which offers exceptional yoga classes, a sense of community, and an environment for learning. We serve individuals, families, and communities that are seeking health, vitality, and freedom through a consistent practice of yoga, meditation, and Self-exploration.

Source Yoga

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sourceyoga

health • vitality • joy



Moving into Stillness



A weekend yoga retreat with
Melissa Schussler-Paz
and Erin Joosse
October 3rd-5th
Harmony Hill Retreat Center
Union, WA

Moving into Stillness—A Weekend Yoga Retreat at Harmony Hill



Surround yourself in Washington's natural beauty at Harmony Hill Retreat Center. Through guided yoga and meditation sessions, and drawing inspiration from The Power of Now by Eckhart Tolle, in this weekend retreat, you will move beyond the confines of the mind and deeply into the present moment.

- Learn how to be present and awake in your daily life.
- Take time for yourself.
- Relax deeply.
- Nourish your spirit.
- Discover the power of simply being.

Requirements: At least 3 months yoga practice, no meditation experience necessary.

Recommended reading: The Power of Now by Eckhart Tolle

Weekend Schedule

Friday—4pm arrive and check in

4:30-6pm Gentle Yoga to unwind

6pm Dinner

8-9pm opening circle and meditation

Saturday—8am walking meditation

8:30am Breakfast

10am-noon Yoga and Meditation

12:30pm Lunch

1:30-3:30pm free time

3:30-5:30pm Gentle Yoga and Meditation

6pm Dinner

8-9pm Deep Relaxation and meditation

Sunday—8am walking meditation

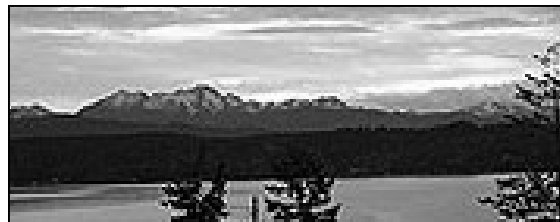
Or Continental Breakfast available

8:30-10:15am Yoga and Meditation

10:30am Brunch

12-12:30pm Closing Circle

2pm check out



Harmony Hill, is located on the Olympic Peninsula's Hood Canal in Union, WA about 1 ½-2 hours from Tacoma. You will enjoy delicious vegetarian food, beautiful grounds and gardens, excellent accommodations, and a brand new Eco-friendly light filled building for yoga classes. Harmony Hill is dedicated to providing wellness programs to the public and is the Pacific Northwest's only retreat center offering life-giving retreats for people with cancer and their caregivers. It is exciting to share that through your participation in this retreat the revenue generated will help support these cancer programs. View their website www.harmonyhill.org for more information about the center.

Registration:

Retreat Cost: \$495 (deposit: \$250)

Cost includes accommodations (double occupancy), meals, all yoga sessions.

Register online or at the studio:

www.sourceyogaonline.com

253-756-8066

Registration Deadline (and final payment due): September 3rd

Cancellation Policy: Before September 3rd, your payment will be refunded minus \$50. No refunds after Sept. 3rd.