

Registration Form

**Weekend Yoga Retreat
in Virginia City, NV
w/Kim Orenstein**

August 6-7, 2011

Name _____

Address _____

City/State _____

Zip _____ Phone _____

Email _____

Amount Enclosed \$ _____

Mail to: Yoga Loka
6135 Lakeside Dr. #121
Reno, NV 89511

For further information contact:

info@yogalokareno.com
(775) 337-2990

All payments are non-refundable. If you need to cancel for some reason, Yoga Loka will offer you credit toward classes and other workshops.

Discover the Spirit of Yoga
YOGA
LOKA
6135 Lakeside Dr. #121
Reno, NV 89511

Weekend Yoga Re-"treat"

with Kim Orenstein



**In the Heart of Creativity
and the Mother Lode
Virginia City, NV**

August 6-7, 2011

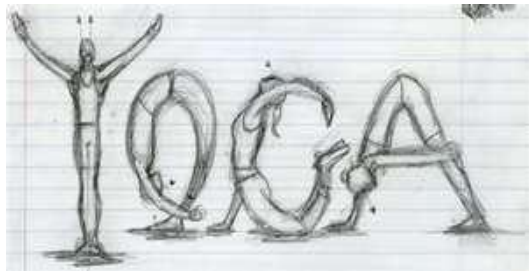
The Re-"treat"

If you want to know yoga you must engage or embrace some sort of personal transformation. This retreat will help you do that. There is nothing more conducive to the learning and understanding of a yogic state than withdrawing from habitual surroundings and busy schedules, and immersing into an opportunity to glimpse a truth larger than our self definitions allow.



Our time together will consist of wake-up yin yoga meditations, morning fluid asana and afternoon inversion and pranayama practices. One evening will offer restorative yoga and the other an opportunity for music and ecstatic movement. Opportunities open up for eating yummy food, developing new relationships, finding a quiet corner to catch an extra savasana or hiking in the desert hills..

....answering what is calling to you.



Students of all levels are welcome.

Please bring your own props: mat, yoga strap, two yoga blocks, round bolster and at least one yoga blanket.

Accommodations

The accommodations are an historic 135 year old four story brick building that has been restored and renewed for creative retreats. The SMAC Center hosts our stay and sits perched overlooking the Comstock in Virginia City, NV., a 1/2 hour drive east of Reno...close enough, but also far enough away to get the feeling of "re-treat."

<http://www.stmarysartcenter.org/html/main.html>

Accommodations are simple, with local artists adorning the hallways and galleries. Wi-fi is available at the center, but we suggest you take a break from the outside world and turn off all technology.



Cost: \$350 double occupancy before July 15; \$395 after \$425 single occupancy before July 15; \$475 after
Price includes room, shared bathrooms, 3 meals per day plus all retreat activities.
\$250 Yoga and meals only (no room)

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*Arrive Friday between 4-5 pm, dinner at 6 p.m.
Depart after lunch on Sunday*

About Kim



Kim Orenstein, M.S., E-RYT is the founding director and mistress of teacher training at Yoga Loka in Reno, NV. She has a Master's Degree in Exercise Science and Wellness and has been instructing people in the movement of their bodies for 30 years. Kim's yoga practice began in 1992 following a knee surgery that suspended her mountain bike racing and professional dancing. It began with study in the Krishnamacharia tradition (Astanga, Iyengar and Viniyoga), plus Forrest Yoga, Yin Yoga and Pilates and continues with explorations of the fluid body, iRest yoga nidra and Meditation Secrets for Women (Camille Maurine). She is also a certified Yoga of the Heart® instructor, working with people living with debilitating diseases. "My intent in teaching yoga is to inspire people to discover how to move through life effectively and gracefully by learning to dissolve the disconnections to themselves and others."

Say "Yes!" to an opportunity to retreat.