

Goddess Workshop

Sep. 26-28, 2014

The power of Being
in a World of Doing:
Dignity, Insight, Grace

- Stories
- Songs
- Mantras
- Mudras

Traditional Dance
Fire Ceremony

Plus Specialized Yoga Workshops:
Break-Ups, Breast Cancer,
Post-Natal Yoga

This workshop takes place in Navarātrī, the 9 Nights of the Goddess. At this auspicious time Devī imparts Power, Clarity & the greatest wealth: Boundless Love. Learn the stories and the symbols of the Goddess and her multiple forms, manifest with Mantra & Mudra, traditional devotional chanting, attend Puja, dancing and fire ceremony.

Pay one Price & participate in whatever segments you can. Please give us an idea of what you will be attending as we approach the date so we can prepare for you. Times subject to change a little based on start timings of local community celebrations. Cost to attend any or all of the workshop \$151 by 9/22 ; \$201 thereafter plus any temple donations .



Fri: 5:30-6:30

Goddess Stories and Meaning

6:30-9:30 pm

Songs, Puja/Dance

Sat: 9:30-10:30

Mantra Meditation

12-2:30 Goddess Stories

2:30-5:30 Yoga for Breast Cancer

7-9:30 pm Puja/Dance

Sun: 12-2:30

Yoga for Break-Ups

2:30-3:30 Goddess Stories

3:30-6 Post-Natal Yoga

7-9:30 pm Evening Puja