

UMA KLEPPINGER PRESENTS YIN, VINYASA AND MEDITATION HELD IN SILENT RETREAT

power yoga: unplugged

A SILENT YOGA & MEDITATION RETREAT



Meditation speaks.

It speaks in silence.

It reveals.

It reveals to the aspirant that matter and spirit are one, quantity and quality are one, the immanent and the transcendent are one. It reveals that life can never be the mere existence of seventy or eighty years between birth and death, but is, rather, eternity itself...

Cry within.

Meditate within.

Dive within.

Your inner achievements will far outweigh your outer imperfections.

—Sri Chinmoy

Uma Kleppinger's approach to yoga is passionate, grounded, serious, and playful—encouraging a sense of adventure and exploration through mindful movement and contemplative reflection. Uma conducts teacher trainings, retreats and workshops throughout the Pacific Northwest.

For more information or to register, visit www.umakleppinger.com

For many urban dwellers the occasional retreat into silence is an essential part of how we restore our spirits, energy, and perspective. For some of us, we've dabbled in meditation but haven't made any real commitment to it as a regular practice. Still others are curious but frightened by the idea of a meditation retreat: *What will happen? It sounds uncomfortable. How will I not talk to anyone for the whole weekend? Can I talk a little? Surely a little talking won't hurt? What if my mind won't stop thinking all these thoughts? Why am I even thinking about this? This is crazy! Who's idea was this, anyway?*

Experience the power of silence in this weekend exploration of yoga and meditation at the gorgeous and serene Hidden Lake Retreat Center. Course begins Friday night with dinner and an introductory session to share any concerns, dispell myths, and prepare for the weekend. Following an introduction to seated meditation, we'll move gently into silence through mantra. Once the silent period has begun participants will practice "noble silence" for the remainder of the retreat. The yoga practice sessions will be verbally guided, with minimal instruction. The practice concludes with a Tibetan Singing Bowl Meditation and a period of discussion, sharing insights glimpsed from within the power of silence.

Friday, November 19–Sunday, November 21

Cost: Lodging + sliding scale \$100-150 to the teacher

(Lodging averages \$253/shared room, double or triple occupancy and includes gourmet vegetarian meals.)

Hidden Lake is located just East of Portland, less than an hour away. For more information visit www.hiddenlakeretreat.org

To register email: umakleppinger@gmail.com or call 503-819-6953
www.umakleppinger.com