

Woodstock Yoga Vedanta Weekend

PRESENTED BY MATAGIRI AND NAMAH
FRIDAY, SATURDAY & SUNDAY APRIL 15-17, 2011



FRIDAY, APRIL 15TH

8 pm

American Veda

An illustrated talk by Philip Goldberg based on his book.

www.americanveda.com

@Euphoria Yoga

99 Tinker Street

Woodstock NY 12498

Suggested Donation \$10

www.euphoriayoga.org

Programs @Mirabai Books

23 Mill Hill Road

Suggested Donation \$10

www.mirabai.com

1 pm

Harmonious Relationships, An Ayurvedic Approach

with Linda Lalita Winnick

www.shaktiyogawoodstock.com/Ayurveda

SUNDAY, APRIL 17TH

Programs @Mountain View Studio

20 Mountain View Ave (off Rock City)

Suggested Donation \$10

www.mtnviewstudio.com

10-11:30 am

Iyengar Yoga

with Barbara Boris

barbaraborisyoga.com



SWAMI VIVEKANANDA



SRI AUROBINDO



SWAMI CHINMAYANANDA

SATURDAY APRIL 16TH

9 - 9:30 am

Reading & Meditation

Readings from Sri Aurobindo and the Mother

@Matagiri Sri Aurobindo Center

1218 Wittenberg Road

Mount Tremper NY 12457

Free and open to the public. Please arrive at least 5 minutes early.

www.matagiri.org

Programs @Fletcher Gallery

40 Mill Hill Road

Suggested Donation \$10

www.fletchergallery.com

10 am

Right Decisions: Based on The Gita

with Shubhrajai

www.namahom.org

11 am

Nada Yoga: The Yoga of Sound

with Baird Hersey

www.pranasound.com

Noon

Indian Numerology

with Mavis Gewant

www.sacredmotherarts.com

2 pm

The Nectar of Vedanta: Divine Mother's Gift

with Cassia Berman

www.cassiaberman.com

3 pm

Swami Vivekananda and the Parliament of World Religions

with Sr. Gitaprana

www.ridgely.org

4 pm

American Veda

Book Signing with Philip Goldberg

Open discussion with yoga teachers and attendees with special guest Marcia Albert's reflections on the history of yoga in Woodstock.

8 pm

Concert

Indian Classical Vocal Concert with Dhruvad Master Ustad F Wasiguddin Dagar, accompaniment on the *Pakhawaj* by Pandit Mohan Shyam Sharma.

www.dagarvani.org

@Kleinert James Arts Center

www.woodstockguild.org

Reserved seating with ticket purchase at Pondicherry with check, cash or credit card by April 15th remaining seats \$20 at the door.

www.pondi.biz

11:30 am - 12:30

Ashtanga Yoga: Taking the Practice Home

a lecture/demonstration with Laura Olson

www.blissyogacenter.com/Laura_Olson

1 - 2:30 pm

The Pancha Koshas: Our Five Layers of Existence

with Jyothi Bhatt, *Bachelor of Ayurveda Medicine and Surgery*. Ayurveda is India's holistic approach to healing.

www.svastha.us/about-us

4 pm

Music at Mountain View

Baird Hersey & Prana with Shubhrajai

\$20 donation

6 pm

Vegetarian Dinner

\$20 donation

7:30-8:30 pm

Yoga Dance

with Sarah Jacob

www.sarahjacob29.com

Weekend Pass: for all 11 talks, 2 concerts and meal: \$108 (a \$170 value)

Must be prepaid by noon, Saturday, April 15 at Pondicherry, 12 Tinker St, Woodstock, NY 12457, 845-679-2926 info@pondi.biz
Suggested Donation for talks/workshops is \$10, for concerts, \$20.

Donations to Matagiri are tax deductible to the full extent of the law.

For more information email: info@namahom.org