

Ati Yoga & Grace Light Retreat

Led by Dhaya Dorje, August 21-25, 2009

Sacred Mountain Retreat, Crestone CO

During this retreat you will be guided to discover your real nature, develop the light body, and learn how to be in the flow of Grace.

Ati yoga: The word Ati means primordial, yoga is union or knowledge. Ati yoga is the knowledge of our primordial state. We will use various means to gain this Knowledge – the Tibetan yoga of movement Trul Khor (yantra yoga), chants, mantras, prayers, mind training, and meditations.

Grace Light: The descent of the higher consciousness into matter manifests when we are in the primordial state. The Grace light is Compassion, Love, Bliss, Knowledge and Truth; it contains all light rays; it has its own intelligence. We will learn how we can develop and manifest those qualities, as well explore how they are integrated into daily life.

During the retreat we will have 6 to 8 hours per day of teaching practice, as well as an early morning and evening group practice. Some days we will go for a hike in the mountains and will do our teachings/practices outdoors.

Accommodation: will be a campsite on the SMR land. You will need to bring your own tent. If you do not want to camp, you will be responsible for finding other accommodations in Crestone, although it is advised that the group stay together on the retreat.

Meals: It will be up to each individual to coordinate shopping for and preparing their food. Simple, healthy meals are required during the retreat and must be vegetarian.

Cost: Teaching and use of the retreat: \$400 and camping: \$75 = **\$475** total.

Registration: Space is limited! Please register early. A \$100 non-refundable deposit is required. For more information or to register, contact us by email contact@sacredmountainretreat.org, by phone (719) 849-0105, or by visiting our website:



www.SacredMountainRetreat.org