

Naturally Connected Meditation & Yoga Retreat

with Saraswati Clere & Nicola Amadora

SATURDAY, OCTOBER 31ST

10:00 AM - 5:00 PM AT GREEN GULCH CENTER

Please join us for this special retreat, dedicated to connect deeply with nature and ourselves.

The retreat is held in the quietude and beauty of Green Gulch Center, close to North San Francisco, in a secluded valley that opens into the endless Pacific Ocean.

Our day includes meditation, dharma, yoga, pranayama and connecting with nature (weather permitting at the beach and in the gardens). A delicious, organic lunch will be served. We welcome both experienced and beginning practitioners. This is a time to fill your cup.



San Francisco Bay Area filmmaker Saraswati Clere is the founder of Yogakula Wellness Center in Berkeley, which attracts thousands of students each year. Saraswati has produced a line of educational CDs and DVDs in collaboration with some of the world's most prominent yoga teachers and scholars. In 2011 Saraswati produced *Yogawoman*, an award-winning documentary that features 50 of the world's leading experts – doctors, researchers, renowned yoga instructors. Since its release *Yoga Woman* has screened in 12 countries and has won five film awards.



Nicola Amadora PhD. is a Dharma & Mindfulness Teacher, Psychologist, certified Hakomi Therapist, and Leadership & Relationship Educator. She was trained at Spirit Rock and for two decades she has taught retreats internationally- from families to business leaders. Deeply immersed in the major spiritual traditions, she has been meditating for 30 years and practices to 'walk the talk' through the muck and beauty of life. Nicola is the author of: *Nothing but Love* and *Kissed by Fire*. She offers timeless treasures with humor, depth and a fiercely tender heart.

Cost: \$130 before Oct. 1st, after \$140 for daylong (lunch incl.)

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