

syn·er·gy: "The interaction of two forces so that their combined effect is greater than the sum of their individual effects."

Synergy yoga is the coming together of two dear friends, their dedicated yoga practices and over 20 years of collective teaching experience.

Synergy yoga unites the body, breath and mind through art, flow and love. Our practice guides us to our truth, peace and inner light joined, with universal consciousness.

Vinyasa yoga is a fluid, integrated system in which the breath artfully links to each movement. Our style is most inspired by the teachings of Krishnamacharya. Through the graceful flow of classical Vinyasa, we include the precision and alignment of Iyengar and offer innovative methods to serve the unique needs and interests of each individual as inspired by Viniyoga.

Practitioners of all levels are empowered to connect to their innate wisdom and vitality. Each Synergy Yoga class will include meditation, pranayama and a creative vinyasa sequence, balanced with yin and restorative poses. This practice is strength-building and warming, yet simultaneously calming, cooling and nurturing. Skillful hands-on adjustments are used often as another way to inform the practitioner. Students are provided a safe space for personal exploration and offered tools to enhance their energy, cultivate awareness and ultimately actualize self-discovery and transformation

For more please visit:

www.synergyyogaschool.com

www.jodiboone.com

& www.bhakti-flow.com

Annual
Whidbey Island
Weekend Yoga Retreat
with Jodi Boone
and Tami Hafzalla
Sept 7 - 9, 2012
Friday 3 p.m. to Sunday 1 p.m.



We welcome all levels of yoga practice and experience. We emphasize individual attention and assistance, helping you deepen your yoga practice. For questions please contact:

Tami Hafzalla

tamihafzalla@gmail.com



Annual
Whidbey Island
Weekend
Yoga Retreat
with
Tami Hafzalla and
Jodi Boone
Sept 7 - 9, 2012
Fri 3 p.m. - Sun 1 p.m.

A yoga weekend away offers you a special opportunity to take space from daily life to connect deeply with yourself and practice in a beautiful setting. Taking time for retreat can bring forth fresh energy and clear perspective. It can assist you in replenishing physically, mentally and spiritually.

Over the weekend we will create a nourishing practice environment weaving in special philosophical themes that will be explored together as a community.



Peace is every step.
The shining red sun is my heart.
Each flower smiles at me.
How green, how fresh all that
grows.
How cool the wind blows.
Peace is every step.
It turns the endless path to joy.

- Thich Nhat Hanh

About the Whidbey Institute:

The Whidbey Institute is located on Whidbey Island, a short drive and ferry ride north of Seattle. The Institute is nestled among 70 acres of evergreen forest and meadow lands laced with a network of hiking trails, a labyrinth for walking meditation, and an intimate sanctuary. For accommodations, the Institute offers rustic farm houses and cabins, as well as space for tenting. All bathroom facilities are shared.
www.whidbeyinstitute.org

Retreat Costs & Accommodations:

Farmhouse:

Private room with 1 double bed \$595
Private room with 1 single bed \$575
Shared room with 1 double bed \$555
Shared room with 2 single beds \$565

Granny's:

Private room with 1 double bed \$500
Shared room with 1 double bed \$475
Shared room with 2 single beds \$485
Adjoining Shared rooms with 4 single beds \$475

Cabin:

Private with 1 single bed \$480
Private with 1 double bed \$490
Shared with 1 double bed - \$475
Shared with 2 single beds - \$475

Camping:

\$400 per person

Room availability is limited. Please email to confirm that your room preference is available. All prices are per person and include accommodations, yoga and scrumptious meals.

Registration:

Name _____

Phone _____

Email _____

Room Preference

I'd like to room with

Please write check & mail registration to:

Tami Hafzalla
6211 Dayton Ave N
Seattle WA
98103

Cancellation Policy:

**Refund of your payment minus a \$50 cancellation fee until August 1, 2012
No refunds will be given after August 1, 2012.**

Schedule and packing list will be sent to participants by August 25th, 2012