

FIRE & ICE: A Yogic Exploration of Inner and Outer Climate Change

YOGA IN THE NORTH CASCADES!



**May 24-26,
2013**

A mere 2-hour drive from Bellingham, “The North Cascades Institute seeks to inspire closer relationships with nature through direct experiences in the natural world.” This glorious haven in the “American Alps” will be our backdrop as we practice yoga, hike, and celebrate the FIRE & ICE of our inner and outer worlds.

Your weekend will include: Two nights lodging, organic nourishing meals (dinner Friday through lunch Sunday), four yoga asana classes and two morning meditations, guided hike with NCI naturalist, and interactive guest lecturer with Ms. M Jackson, MS. This weekend promises playful bliss!!!

Rate: \$305-\$380 depending on lodging choice. Some off site camping is available. Please contact for more information.

YOUR FACILITATORS:

Elizabeth Ruff, RYT, LMP, has taught yoga for 10 years, is a Soma Neuromuscular Integration® bodyworker, mountain athlete, artist, reader and lover of life. Her wisdom of our natural world threads into her yoga classes seamlessly. She excels at the pursuit of play and brings that joy to each of her yoga classes. Elizabeth weaves ancient tantric teachings into seasonal Ayurvedic yoga practices, creating an experience that will burn through attachments and resistance, leave you balanced and ignite your passion for life. Meet Elizabeth at www.manabodyworks.com.

M Jackson, MS, is presently at work on her Ph.D., researching the human dimensions of glacier retreat and climate change discourse. She currently works for National Geographic in Alaska and Iceland teaching climate change and glaciology. Previously she was a U.S. Fulbright scholar to Turkey, earned a Masters of Science in climate change and environmental narratives, is the author of the forthcoming book “*While Glaciers Slept*,” served as a Peace Corps Volunteer in Zambia, and now runs a small farm in the Cascades of Washington State.

Space is limited! Call 360-224-2330 or Email Elizabethruff@gmail.com