

# **YOGA IN THE NORTH CASCADES!**

***Yoga Inside-Out:***

***An exploration of  
Introspection &  
Connection***



**September  
6th-8th, 2013**

Journey into your self and into connections with others while practicing yoga and celebrating the beauty of nature! BRING THE FAMILY!!! The North Cascades Institute- a mere 2 hour drive from Bellingham- will be our home for a weekend of nourishing yoga, hiking, food and spectacular scenery!

**CHILD CARE DURING YOGA CLASS IS AVAILABLE AND INCLUDED!!!!**

Your weekend will include: Two nights lodging, organic nourishing meals (dinner Friday through lunch Sunday), four yoga asana classes (two personal and two partner/Thai massage) and two morning meditations, guided hike with NCI naturalist, and a workshop on Ayurvedia (yoga's sister science) practices for whole being balance in the fall season. This weekend promises playful bliss!!!

Rate: \$362-\$532 depending on lodging choice. Some off site camping is available at many nearby Campgrounds. Please contact for more information.

YOUR FACILITATOR:

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](http://www.manabodyworks.com).

Space is limited! Call 360-224-2330 or Email [Elizabethruff@gmail.com](mailto:Elizabethruff@gmail.com)