

*Ten day  
Live-in Retreat*

**GLENN CERESOLI**  
SENIOR IYENGAR YOGA TEACHER

yogabind

*Cultivating constant integrated awareness*

**February 10-18, 2011**

**Tauhara Centre - Taupo**

**New Zealand**

This live-in retreat will focus on creating a 'yogic state of mind' for both practice and life. It is the essence of learning the art of yoga and living a life immersed in this state..

Glenn is a Senior Iyengar Yoga Teacher currently living in Australia and teaching internationally. His method of teaching is a process of learning how to connect to the inner self while still living one's day to day life,

Glenn's aim is to help people find the connection to Self that will guide them through the ups and downs and by-ways of life with the inner composure and contentment that only the skill and art of yoga provides.

Glenn's retreats are highly practical but well-established in the philosophical framework of the classical yoga approach. His years of teaching and practice are an invaluable resource and asset to those wanting to penetrate the art and science of Yoga and who are sincerely wanting to work on a deeper level.

**PREPAYMENT OF A \$300 NON-REFUNDABLE DEPOSIT FOR THE RETREAT IS ESSENTIAL.**

**CONTACT: PAUL BARTON | YOGA STUDIO | P O Box 1753  
ROTORUA NZ | YOGAPAULB@XTRA.CO.NZ | TEL: 07 3491 654  
M: 0274 393 910**



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Registration for Retreat: **Deposit \$300 by 30th November 2010** to secure a place.

Full retreat prices with meals and accommodation are listed below. If you want other options please ask.

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| 1. Shared 4 berth bunkroom bring own bedding  | \$1850 |
| 2. Shared 4 berth bunkroom bedding and towels | \$1860 |
| 3. Self-contained shared occupancy            | \$2150 |
| 4. Self-contained single occupancy            | \$2550 |

Prices are **inclusive of GST**

**Cheques payable to Yoga Studio: P O Box 1753 Rotorua 3040 NZ**

Information on Tauhara Centre at [www.tauharacentre.org.nz](http://www.tauharacentre.org.nz) Further information will be provided on registration. For any information contact Paul Barton as above.