



Ayurveda Immersion at Sonoma Ashram Saturday, February 23, 2019 • 8:45am–4:00pm

FOR MORE INFORMATION:

retreats@sonomaashram.org

707-996-8915

“A spiritual practice is something that can be practiced, not a lengthy ritual. It is something very, very simple that you can do, and you do it daily.”

~ Baba Harihar Ramji (Babaji)

- Learn the basics of *Ayurveda*. Discover what foods to eat and the most effective daily routine to follow according to your body type. Learn simple and nutritional food preparation and how to bring sacredness into cooking and eating.
- Experience *satsang* (the company of good people), and participate in *Darshan* (spiritual teaching). Learn tools for starting and deepening your personal practice.
- Immerse yourself in an ashram experience. Participate in meditation and yoga. Learn simple rituals to enrich your practice. Enjoy nutritious meals from the garden, cooked with love by our Ashram chefs.
- Enjoy the peaceful grounds of Sonoma Ashram

SATURDAY DECEMBER 8

8:15-8:30	Arrive
8:45	Welcome
9:15-10	Yoga
10:15-11	Meditation
11:15-12:30	Tour the garden/food preparation
12:30	Lunch
1:30-4	Dr. Helen’s Workshop

About Dr. Helen Thomas

Dr. Helen Thomas is an enthusiastic practitioner and teacher of the science of Ayurveda. She loves sharing her passion for Ayurvedic medicine. She has perfected the art of helping people recognize their nature and body type, providing them the opportunity to find balance through awareness and simple life-style changes. Dr. Helen has been in practice in Northern California, treating and educating people in the healing techniques of Ayurveda for over 25 years. She believes Ayurveda can change our minds and thus ourselves.

<http://drhelenmarythomas.com/>

Your Contact Information

Full name:

Street address:

Cell or mobile #:

Email address:

Emergency contact:

Please Share your intention(s) for this retreat:

Describe any dietary restrictions or food allergies:

Paying for your Retreat (by donation*):

Day immersion (Saturday program only): **\$101**

Overnight immersion (includes accommodations/meals and all classes for Friday and Saturday night stay): **\$301**

(Additional nights: \$120 per night)

**All payment rendered to Sonoma Ashram is a donation, directly supporting our social service projects and causes. Sonoma Ashram Foundation is a 501(c)3 non-profit educational and service organization. Donations are tax-deductible under IRS code. Tax ID #94-3151595.*

Please complete this form, as well as our Waiver of Liability, and return to **retreats@sonomasshram.org** or **Sonoma Ashram, PO Box 950, Sonoma, CA 95476.**

Space is limited. A minimum of 50% deposit is due at the time of registration to hold your space.

We accept cash, checks, Visa, MasterCard and American Express.

Payment Method: Cash Check Visa MasterCard American Express

Card #: _____ **Expiration Date:** _____

Name on Card: _____ **Security code:** _____

TOTAL CHARGE AMOUNT: _____

CANCELLATION POLICY: You may cancel up to 14 days prior to retreat date for a full refund of your deposit. No refund if cancelled within 48 hours prior to arrival.

Please check this box acknowledging you have read and understand the cancellation policy

WAIVER OF LIABILITY

Dear Participant,

Sonoma Ashram is dedicated to availing the ancient wisdom of the sages to all. Making these universal teachings and practices as accessible as possible is our goal. At the same time, Sonoma Ashram operates in modern America, which includes the possibility of claims and litigation against Sonoma Ashram for what can occur during and after time spent on site. Claims and litigation, when made needlessly and frivolously, would be a costly time-consuming process that could in time threaten the continued viability of Sonoma Ashram and our ability to offer access to this ancient wisdom. Thus, upon arrival, we will ask that you read and sign a waiver of liability that can be viewed at: www.sonomaashram.org/waivers. Your signature will indicate that you understand that you play a part in protecting the Sonoma Ashram from litigation.

Please check this box indicating you agree to the terms of this policy.

Namasté, *Sonoma Ashram Board of Directors*