

# WEEKEND YOGA INTENSIVE

WITH MITRA

at Yoga Within, Aptos November 20 through 22




## Place and Enrollment

Yoga Within  
8035 Soquel Drive, Suite #27  
Aptos CA 95003  
(831) 687-0818 or 818-2903  
[http://www.yogawithin.com/  
events.shtml#Mitra](http://www.yogawithin.com/events.shtml#Mitra)

## Cost

Entire Weekend	\$200.00
All Day Saturday	\$120.00
Friday Session Only	\$60.00
Sunday Session Only	\$60.00



"Yesterday is history.  
Tomorrow is a mystery.  
Today is a gift.  
That's why it is called  
the present."

## Times

(Opening Up) Friday (11/20) 6:00 pm to 8:30 pm  
(Vinyasa Class) Saturday (11/21) 10:00 am to 12:30 pm  
(Restoratives) Saturday (11/21) 3:00 pm to 5:30 pm  
(Renewing) Sunday (11/22) 10:00 am to 12:30 pm

Plunge deep within... Plunge into the realm of the self – the source of divine love. This is a pilgrimage within, designed to deepen your practice. As we develop an awareness of the inner body, we discover that our deepest emotions, such as fear, acceptance, fulfillment and compassion are seated in our organic system (the organs). Through the practice of asanas, we investigate and honor the inner body. We learn how to release layers of tension and how to create more space. We learn how to move from the core of our being and

make clear contact between our inner and outer body. We learn to move from the inner to the outer and then back to our still center.

We attain wholeness through balanced emotions, security and stability. From this place of wholeness, we move through the layers on the inside and expand into the unknown. *Like any pilgrimage, its ever changing inner landscape invites one to return again and again.*

– Mitra