



**Awaken!**  
**Awaken!**  
**Powerful Self**

**A YOGA  
&  
MEDITATION RETREAT**

**~ Imagine ~**

**An entire weekend dedicated just to you, where your only job is to slow down, breathe and discover...**

**Ginseng Yoga Studio  
& Balboa Park  
San Diego, California  
November 6-7, 2004  
(619) 723-3162**

**As you allow the layers of habitual thinking, and doing to fall away, uncover your True and Powerful Self. The YOU that has always been ~ and always will be~ the same.**



### **Slow down.**

Through yoga we first bring awareness to our physical self. Kelly guides us through movement and breath to open and relax our bodies as an avenue to connect to our inner Self.

### **Awaken.**

Once the body is prepared, we go deeper for guidance through meditation. Dr Kettelhut is renowned for taking us into the space of the heart, where clarity, compassion and the wisdom of the Self are revealed.

### **Power.**

Through yoga, meditation and powerful exercises we discover powers within for living life like an exhilarating improvisation everyday. Return to your life in peace, with tools for creating harmony everywhere and always.

## **Retreat Schedule**

### **Saturday**

Meet at the park 9:00am  
Opening Circle  
Meditation  
Yoga  
Picnic in the park  
Walking meditation and Discovery exercises  
Discussion

### **Sunday**

Meet at Ginseng 8:00am  
Meditation  
Yoga  
Brunch  
Discovery Exercises  
Closing meditation and completion 2pm

Awaken!  
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Powerful Self

*“Your vision  
when you  
Who look  
looks inside*

*Carl Jung*

## **Your facilitators**



Martin's coaching practice grows out of a deep desire to take a PhD in philosophy into the market place and, like Socrates, make a difference for people through transformative conversation.

Since 1997, the lion's share of Martin's clients are professionals in financial services, (from UBS PaineWebber, Merrill Lynch, Solomon Smith Barney, Morgan Stanley, Prudential) as well as other entrepreneurs, lawyers, doctors, accountants, clergy, even a food-&-wine critic.

Dr. Kettelhut maintains that bodily health, stillness of mind, and spiritual growth are crucial to the results he and his clients have produced together over the years. He is an avid swimmer, classical pianist, and counts among his highest achievements summiting Mount Kilimanjaro in August of 2000.



Following her heart's calling, Kelly has just relocated from Seattle to San Diego, bringing over four years of teaching experience with her. Her passion for yoga began as a dancer when she discovered an environment for movement that emphasized compassion and turned her toward self-love and realization.

Kelly incorporates her natural love of movement, and attention to breath to encourage awareness, gentle opening and inner quiet. Her classes are challenging and fun. She brings honor and lightness to her teaching, creating a nurturing space where each practitioner is safe to explore their movement, themselves and their unique relationship to yoga.

Kelly has teaching certificates from Mount Madonna Center in California and Sarah Powers and holds a BFA in Modern Dance. She is currently teaching at Yoga One in San Diego, Akasha Yoga in La Jolla, and privately in the San Diego and Seattle areas.

### **Retreat Tuition**

**\$200 - Saturday and Sunday**

**\$135 - For one day only**

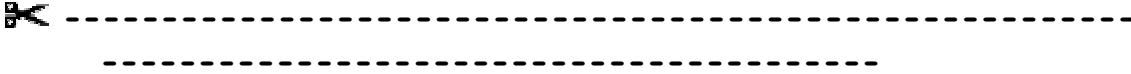
### **Retreat Details**

Location: Ginseng Yoga Studio, 2985 Beech Street, San Diego 92102 and Balboa Park.

Time: Saturday, 9:00am-7:00pm  
Sunday, 8:00am-2:00pm

Meals: Please bring your own picnic lunch for Saturday. Sunday brunch will be provided as well as tea, fruit, and water throughout the weekend.

What to bring: A blanket for the park, comfortable clothing and layers for warmth, a meditation cushion, seat or pillow, and a yoga mat.



**To Register**, just print this form, fill it out, mail it with your check payable to: *Kelly Muldoon* / 4925 Narragansett Ave / San Diego 92107.

*\$50 non-refundable deposit required per person, balance due by October 10th, 2004.*

Name(s) \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_  
Email \_\_\_\_\_

*Contact us with any questions:*  
*(619) 293-7115 or (619) 723-3162*  
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