

Entering The Temple Gate

A Yogic Approach to Organic Gardening



January 30-Feb 6, 2010
San Pancho, Nayarit, Mexico

This workshop is an exploration through the eyes of yoga into the sacred experience of connecting with Mother Earth, whether growing one's own food at home and/or establishing community gardens. The journey will be guided by inspirational yoga teacher Yoga Ma Barbara Powell and Bio-Dynamic organic pioneer, Juaquin Lawrence Hershman.

About the Workshop:

Included in this workshop are all interactive periods with both teachers. We will share time together which will include experiential, hands-on gardening and instruction periods, site tours, informal discussion periods, as well as yoga asana and meditation gatherings each day. Accommodations are on your own... you can come "free spirit" and camp on the beach; you can surf the web to find an accommodation that suits your needs, or you can have our on-site coordinator arrange your accommodations for you based on the criteria you provide. Accommodations, airfare to Puerto Vallarta and meals not included.

Workshop cost: \$585 On site coordinator fee, if applicable: \$85; Contact: feenylipscomb@gmail.com
\$300 deposit reserves your space;
Balance due by December 14, 2009

Payments should be sent to:

Barbara Powell
P.O. Box 1082, Santa Fe, NM 87504
www.yogamabarbara.com 505.577.6206



Juaquin has been devoted to the loving care of Mother Earth for the past four decades. In the last two years, he, along with a conscious development company and community participants in San Pancho where this workshop is being held, offered time, labor and resources toward many local projects, and Juaquin was responsible for bringing a vibrant organic presence into the community. He is a yogi as well as a charismatic and engaging teacher, who delights in sharing what he knows with his students in the areas of horticulture, composting, recycling, dry-land farming, among others. To view a video about Juaquin and his influence on the San Pancho community where this retreat is being held, visit www.vimeo.com/6874857.

Affectionately known as "Yoga Ma" by her students, Barbara has spent the past 30 years teaching and practicing yoga and meditation, and offers these ancient teachings from the perspective of our present moment experience. She has led several retreats in the Sayulita/San Pancho area during the past decade, and her participants' enthusiastic comments about their experiences can be found on her website, www.yogamabarbara.com under Testimonials.

