

# *enliven – a yoga retreat*

**April 30 – May 2, 2010**

Mt. Saint Joseph Center  
Maple Mount, KY

Immerse yourself in a detox weekend of yoga!

*Register by April 1 for Early Bird Price of \$300*



## **Saucha: Purity and Cleanliness (Niyama)**

**The first niyama is *saucha*, cleanliness of body, heart, mind and environment. Saucha has both an inner and an outer aspect. Outer cleanliness simply means keeping ourselves, our bodies clean. Inner cleanliness has to do with the clarity of our mind. Saucha is cleansing the mind of its disturbing emotions like hatred, passion, anger, lust, greed, and pride. Practicing Saucha, we are forthright, open and clear in our actions and interactions.**

### **What to expect:**

A weekend for detoxing your body and exploring the Niyama Saucha by incorporating yoga practice, meditation, journaling and proper diet consisting of whole foods prepared in a nutritious way. All levels welcome!

### **What to bring:**

Comfortable clothing and necessities for two night's stay

### **Included:**

All meals, 2 nights' accommodations, journals and the book "Eat to Live"

### **Dates:**

**Friday, April 30**

*Registration 6:00-6:30 pm*

**Sunday, May 2**

*Program ends at 2:00 pm*

**Location:**

Mt. Saint Joseph  
<http://www.msjcenter.org/>  
Maple Mount, Kentucky

**Cost:**

Early Bird \$300 before April 1, 2009  
\$325 Single



**Teachers:**

**Stacey Shanks, RYT** Stacey has more than nine years experience teaching yoga. With her training grounded in the Kripalu yoga tradition, her focus in teaching is to remind her students that their bodies are their best teachers. With classes ranging from energetic vinyasa flow to Yin and Restorative yoga, Stacey also has developed specialized classes including detox flow yoga, and population-specific programs for women, children, and teens. In 2009, Stacey raised \$14,000 for Off the Mat Into the World, a yoga fundraising organization that used the funds to open a new birthing center, sustainable school, and farm in Uganda. Stacey is registered as a RYT with Yoga Alliance.  
[www.yogaandlife.com](http://www.yogaandlife.com)

**Chris Crews, ERYT** Chris first found yoga while living in Scottsdale, Arizona, in 2001. Eventually this led her to teacher training at Crescent Moon with her mentor, Dianne Murphy. Chris obtained her 200 hr yoga teaching certification in 2001. Her practice and teaching has been influenced by many teachers including Sean Corne, Ana Forrest, Rolf Gates and Desiree Rumbaugh. She opened the Evansville Yoga Center West in 2005 and Fall of 2008 opened an East side location. Chris is registered as an E-RYT with Yoga Alliance and is Director of Teacher Training at the Evansville Yoga Center. She continues to practice and go to workshops to further her knowledge of something she loves... Yoga. [www.evvogacenter.com](http://www.evvogacenter.com)

Stacey (812) 455-6740 or [staceyshanks@insightbb.com](mailto:staceyshanks@insightbb.com)  
Chris (812) 483-9114 or [chris@evvogacenter.com](mailto:chris@evvogacenter.com)

**Directions:**

**FROM THE WILLIAM H. NATCHER PARKWAY (former Green River Parkway)**

Coming North: At the end of Natcher Parkway, take Owensboro exit onto U.S. 60 West bypass. Follow it to Owensboro-Calhoun exit (KY 81/West Parrish Avenue). At the end of ramp, turn left, following KY 81/KY 56. Continue straight ahead on KY 56 west (see St. Joseph sign) for about 14 miles through Sorgho and West Louisville to Mount Saint Joseph, about 1.5 miles from West Louisville. Turn left onto Cummings Road, then left at first driveway.

**FROM THE PENNYRILE PARKWAY**

Coming North: Take Owensboro-Sebree exit (KY 56). At the end of ramp, turn left. Follow KY 56 east for about 15 miles (KY 56 turns left at Beech Grove) to Mount Saint Joseph. At the intersection of KY 56 and SR 500, turn right onto Cummings Road. Then turn left at the first driveway.

**FROM I-64 EASTBOUND**

Take U.S. 41 south through Evansville and Henderson (U.S. 41 becomes Pennyriple Parkway in Henderson). From the Pennyriple Parkway, take Owensboro-Sebree exit (KY 56). At end of ramp, turn left. Follow KY 56 east for about 15 miles (KY 56 turns left at Beech Grove) to Mount Saint Joseph. At the intersection of KY 56 and SR 500, turn right onto Cummings Road. Then turn left at the first driveway.

**FROM I-64 WESTBOUND**

Take U.S. 231 exit south of Dale, Indiana. Turn left on ramp and follow U.S. 231 to the W.H. Natcher bridge. After crossing the bridge stay on Highway 60 west until you come to the 60W bypass light (a McDonald's is on the left). Turn left onto the 60 bypass. Follow it to the Owensboro-Calhoun exit (Ky 81/West Parrish Avenue). At the end of the ramp, turn left, following 81/Ky 56. Continue straight ahead on Ky 56 west (see St. Joseph sign) for about 14 miles through Sorgho and West Louisville to Mount Saint Joseph, about 1.5 miles past West Louisville. Turn left onto Cummings Road and then left into first driveway and drive around the circle to unload bags.