

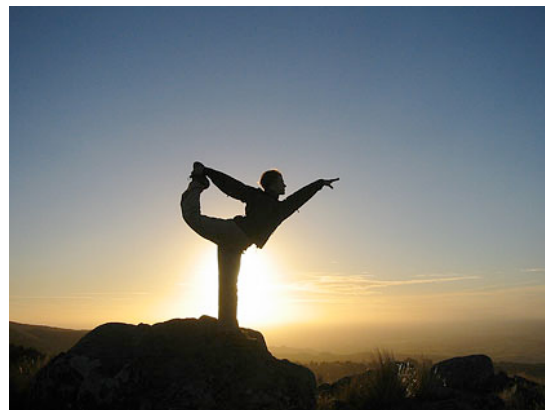
Yoga Retreat!

Beyond the Mat...

with Keric Morinaga & Katie Black

May 20-23, 2011

Ready to get off of your mat, out of the yoga studio, and out of the city to do some yoga? By necessity and out of practicality, most of us spend most of our yoga practices on a mat, indoors, in the city, in 90 minute classes. But there is another experience beyond the mat!



Keric Morinaga and Katie Black invite you to join them for a weekend of friends, food, and fun! Our intention is to move beyond the structure of a typical yoga class and explore ways to take our practices off of the mat, into our daily lives, and beyond! Join us for morning meditation, daily classes, outdoor exploration, freshly prepared meals, and a wonderful community of like-minded yoga students!

Keric was NOT always a yoga teacher. He worked for 12 years in corporate marketing. But his career would eventually take a turn. In early 2002, Keric sustained a shoulder injury in the gym. As an alternative to lifting weights, he decided to try yoga for the first time. After one class, he discovered that yoga offered much more than just a great workout. Yoga quickly became his primary training for body, mind, and spirit. Keric is a Certified Anusara Yoga Teacher. Anusara Yoga is a heart opening practice that focuses on alignment. In his teaching, Keric strives to be creative and fun, helping students to take their practices off the mat and into their daily lives!

Katie Black's background in social work, along with an interest in personal growth, inspires her to study and teach yoga. In 2006, after studying yoga for six years, Katie discovered Anusara yoga and realized yoga's therapeutic reliefs can be possible for everyone. She passionately recognizes each student's personal goals and believes each person has unique alignment needs. Katie understands the intimacy of these needs on and off the mat. Her experience as a licensed psychotherapist, with specialties in mind and body awareness, leave her adept at guiding and supporting people in a multitude of ways.



Keric and Katie completed their first Anusara teacher training TOGETHER in early 2006. They are students together, co-workers, and friends. They are both very excited to collaborate on their first retreat together!

Regular price is \$550 per person based on double occupancy. Early-bird special, only \$500 if you pay in full by April 4, 2011. Price includes 4 days and 3 nights of yoga, all meals, and lodging at The Dent House at Matilija Canyon Ranch, in the hills near Ojai, California. A non-refundable deposit of \$200 is required to hold your space. Full payment is due by May 5, 2011. For questions or to register, email keric@keric.com or call him at (949)933-1969. Space is limited. Please register, as soon as possible, to ensure your space!

