



Sarah is the co-owner of Life in Balance in Seattle, where she assists clients in returning to their true nature through Ayurvedic consulting and rejuvenating bodywork. She is a graduate of The Ayurvedic Institute in New Mexico, where she studied Ayurveda and Yoga under

Dr. Vasant Lad, and has traveled extensively throughout India, studying with renowned Ayurvedic doctors and scholars. It is her intention to encourage integration of all health care systems and wisdom traditions for the benefit of



Tami began practicing yoga in 1993 & has been teaching since 2000. She views her yoga practice as the touchstone of her life & is committed to carving time out daily to become quiet and witness. Tami has studied extensively with master teachers

in the US, Australia, India, Thailand, and The Middle East. She teaches classical Vinyasa sequences rooted in the Krishnamacharya lineage. Her style is dynamic yet she teaches with tenderness and compassion. Her verbal instructions are concise and her hands on adjustments are both skillful and nurturing. She aims to empower her students, challenging them to safely find their edge and expand themselves physically and spiritually. She teaches community classes, private sessions, specialty workshops and local & international retreats.

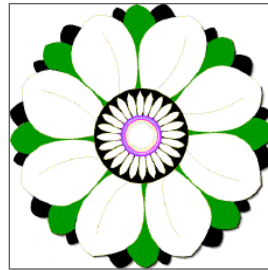
# Spring Renewal

A Weekend Retreat of  
Yoga & Ayurveda  
with

Sarah Kruse & Tami Hafzalla

March 26th ~ 28th 2010

Friday 3p.m. ~ Sunday 2p.m.



This retreat is open to all levels of experience in Yoga & Ayurveda. Our intention is to create a nurturing environment for you to move deeply into new & familiar practices.

### Questions & more Info:

Sarah Kruse  
(206) 422 1796

[sarah@ayurvedaseattle.com](mailto:sarah@ayurvedaseattle.com)  
[www.ayurvedaseattle.com](http://www.ayurvedaseattle.com)

Tami Hafzalla  
(206) 948 9757

[tamihafzalla@gmail.com](mailto:tamihafzalla@gmail.com)  
[www.bhakti-flow.com](http://www.bhakti-flow.com)

# Spring Renewal

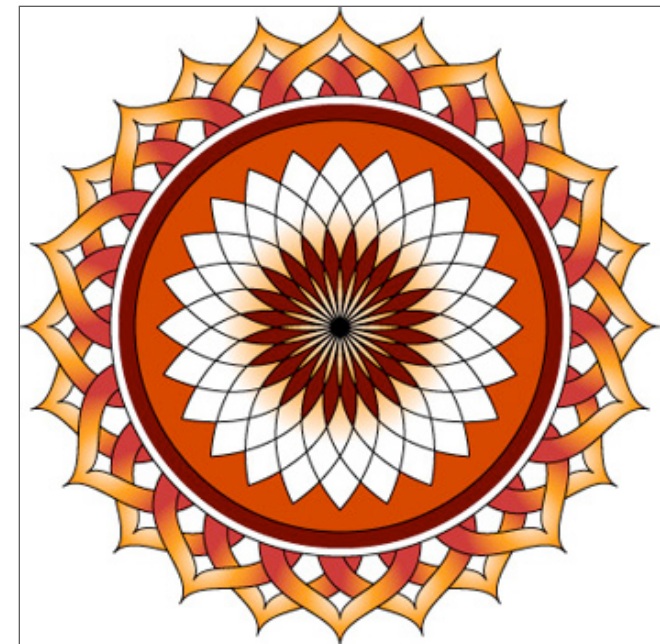
A Weekend Retreat  
of Yoga &  
Ayurveda

with

Tami Hafzalla and  
Sarah Kruse

March 26th ~ 28th 2010

Friday 3 p.m. ~ Sunday 2 p.m.



We welcome you to come retreat and deepen your practice in a beautiful, natural environment. Throughout the weekend, we will weave together practices and wisdom from the sister sciences of Yoga and Ayurveda. The retreat time will be focused around Yoga practices, nourishing Ayurvedic self care rituals and space and time for reflection. When you give yourself opportunities for retreat, you have more to give back to your loved ones and community. You will leave with techniques to enrich your personal practice as well as a deep sense of renewal and peace.



“Even as birds, O beloved, return to their tree for rest, thus all things find their rest in the Supreme Spirit. All things find their final peace in their inmost Self, the Spirit.”  
- Upanishads

About the Yoga Lodge  
www.yogalodge.com

The Yoga Lodge on Whidbey Island is a short drive and ferry ride north of Seattle. This beautiful retreat center sits on five secluded acres at the end of a private lane not far from the village of Greenbank. It is an environmentally conscious safe haven for healing, learning, and reconnection to spirit. The forest of silver-cast alders that greets guests upon arrival is an invitation to enter a realm of natural simplicity. The surroundings are home to an array of wildlife, including deer, rabbit, heron, owl, woodpecker, eagle, coyote and songbirds. Its pond and trails offer possibilities for quiet contemplation and meditation.

Guests at The Yoga Lodge can enjoy two small orchards, organic vegetable and flower gardens, a small pond, woodland and beach walks, scrumptious organic vegetarian/vegan breakfasts and a wood-fired sauna nestled in the trees. The property is within walking distance of many gorgeous parks & sites on Whidbey Island.

Shared room on site \$490

Camping on site \$395

Please register early as space is limited. All prices are per person and include 8.4% sales tax, accommodation, Yoga and Ayurveda classes & 5 organic vegetarian meals.

\*If you would like to participate in the retreat but stay offsite the fee is \$330 for all meals, Yoga & Ayurveda classes & includes 8.4% sales tax.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please specify if you will be onsite, who you may like to room with, if you will be offsite or camping

\_\_\_\_\_

Please write check & mail registration to:

Tami Hafzalla  
6211 Dayton Ave N  
Seattle WA  
98103

Offsite Lodging Options (5-10 minutes from Yoga Lodge)

Spring Hill Inn: (360) 678-5210, \$105-155/night  
Smuggler's Cove Haven: (360) 678-7100, \$125-175/night  
A Tuscan Lady: (360) 331-5057, \$89-179/night  
Guest House Log Cottages: (360) 678-3115, \$165-350/night

Camping offsite: South Whidbey State Park

Cancellation Policy:

If you cancel before February 26th, 2010 your fee will be refunded minus a \$50 registration fee. If you cancel after February 26th, you will receive a refund only if we are able to fill your space.