



Jodi and Tami are grateful to the Universe for guiding them together to share the beauty of Yoga. They have been collaborating since 2004 and have established a unique style of Vinyasa that is both challenging and nurturing. Tami & Jodi have been students of yoga for over 17 years and have been teaching for a decade. It brings them both immense joy to create community and share inspiration discovered on their life journeys. Jodi & Tami teach community classes and local and international retreats.

**Bhakti Yoga
Weekend
Retreat
with Jodi Boone
and Tami
Hafzalla
June 18-20 2010**



This retreat is open to all levels of yoga practice and experience. We emphasize individual attention and assistance, helping you deepen your yoga practice. If you have questions please contact:

Tami Hafzalla

tamihafzalla@gmail.com

(206) 948 9757

**Enjoy A
Summertime
Weekend Retreat
with
Tami Hafzalla
and Jodi Boone
June 18-20 2010**



A yoga retreat offers you the opportunity to withdraw from the rigors of daily life to find peace. Taking time for retreat isn't a luxury, but rather, a necessity, helping you to replenish physically, mentally and spiritually. Over the weekend Tami and Jodi will create a nourishing environment in which you can unfold. We will practice Asana, Meditation, and Pranayama and have special presentations and discussions. Join us for a very meaningful weekend.



“Don't go outside your house to see flowers.
My friend, don't bother with that excursion
Inside your body there are flowers.
One flower has a thousand petals.
That will do for a place to sit.
Sitting there you will have a glimpse of beauty
inside the body and out of it
before gardens and after gardens.”
-Kabir

About the Whidbey Institute

The Whidbey Institute is located on Whidbey Island, a short drive and ferry ride north of Seattle. The Institute is nestled among 70 acres of evergreen forest and meadow lands laced with a network of hiking trails, a labyrinth for walking meditation, and an intimate sanctuary. For accommodations, the Institute offers rustic farm houses and cabins, as well as space for tenting. All bathroom facilities are shared.

www.whidbeyinstitute.org

Retreat Costs & Accommodations

Room availability is limited. Please email to confirm that your room preference is available. All prices are per person and include accommodations, yoga and meals.

Farmhouse: Single Bed, Single Rm — \$565

Farmhouse: Dble Bed, Single Rm \$545-\$565
(per person)

Farmhouse: Single Bed, Double Rm—\$545
(per person)

Granny's: Dble Bed, Single Rm—\$460
(per person)

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(per person)

Registration

Grannys: Single Bed, Quad Rm - \$400

Cabin: Single Bed, Single Rm - \$445

Cbn: Dbl. Bed, Sngle Rm -\$445/ per person

Cabin: Single Bed, Shared Rm-\$445/ per person

Tenting: \$315 per person

Name_____

Phone_____

Email_____

Room Preference

I'd like to room with

Please write check & mail registration to:

Tami Hafzalla
6211 Dayton Ave N
Seattle WA
98103

Cancellation Policy:

If you cancel before May 28, 2010 your fee will be refunded minus a \$50 registration fee. If you cancel after May 28, you will receive a refund **only** if we are able to fill your space.