



A 2019 YAA sponsored retreat in Edmonton:

The Heart of Meditation:

The Transformative Power of Essential Nature

with Richard Miller & Kirsten Guest

at the Providence Renewal Centre , Edmonton, AB

October 10 –16, 2019

What awakens in us through meditation is not the result of effort. It is by grace and our ability to stay present in each moment. Meditation then unfolds naturally the transformative power of awakening to our most Essential Nature, leading to true intimacy with ourselves and the whole of life.



Thursday October 10, 5:30pm: Dinner followed by welcoming & orientation;

Friday October 11, 7am to Tuesday October 15, 9:30pm: Teachings/Retreat;

Wednesday October 16, 7am to 1pm: Review, closing remarks and lunch.

Early Bird Fee: CAD \$1,695 (incl. taxes, accommodation & all meals)

After July 1st : CAD \$1,795 (non-YAA members add CAD \$30)

To Register: Send cheque with full payment to:

YAA, Percy Page Centre, 11759 Groat Road, Edmonton, AB, Canada, T5M 3K6

Or Pay @ www.yoga.ca **Or call YAA office:** (780) 427-8776; yaa@yoga.ca

Information: sielecki@hotmail.com

Please note: Payments made in non-Canadian funds by credit card only.

Richard Miller is a world-renowned spiritual teacher, author, yogic scholar, researcher and clinical psychologist who has blended the non-dual teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism with Western psychology and neuroscience. (see also www.iRest.us)

Kirsten Guest has taught iRest Yoga Nidra Meditation and the non-dual teachings for over two decades. She is passionate about helping others find a deep sense of self-acceptance and a willingness to embrace all of life's ups and downs with a sense of ease and grace.