

OMC LLC D.B.A. **HELP YOUR HEALTH**

Offers **May 27 - 29, 2016**

Yoga Therapy A La Carte - A Weekend Retreat in Joshua Tree

On the menu:

Essentials

To rediscover, define and enhance your Strength and Flexibility

Prepared by

RoxAnn Madera,

Yoga Therapist (E-RYT-500 USA and YTRx-800c)

And served at the international renown JOSHUA TREE RETREAT CENTER, which is the oldest and largest retreat center in the Western United States; a unique architectural landmark on a sacred site, dedicated to support the education and nourishment of the infinite human potential.

Most of the unique buildings at the center were built by world-renowned architects, Frank Lloyd Wright and his son, Lloyd. Joshua Tree Retreat Center is unlike the more commercially oriented Hotels. They have created open spaces, meditation locations, and serene vistas filled with native plants. It is their goal to blend and balance with their mission and needs.

For our retreat we booked the **Ding Le Mei House**.

This private, simple, functional and yet comfortable **10 bedroom (twin beds) and 6 bath house** was designed and built by Frank and son Lloyd Wright. It is completely self-contained, sleeping up to 25 participants. It has a large dining room, full kitchen, food prep room and a very large meeting space with fireplace and a small pool. It also has a veranda wrapping every bedroom with a courtyard, or backyard for outdoor gatherings. The Ding Le Mei house is fully heated and air- conditioned. Bed linens, pillow, blanket, soap, and towels are provided. You may wish to bring extra blankets, as desert nights can be cooler.

The Retreat starts Friday, May 27, 2016 at 3:00PM

And ends Sunday, May 29, 2016 at 2:00 PM after Lunch.

Participation is limited to min 15 and max 20 guests.

RETREAT LOCATION: JTRC, 59700 29 Palms Hwy, Joshua Tree, CA 92252

Phone: 760.365.8371

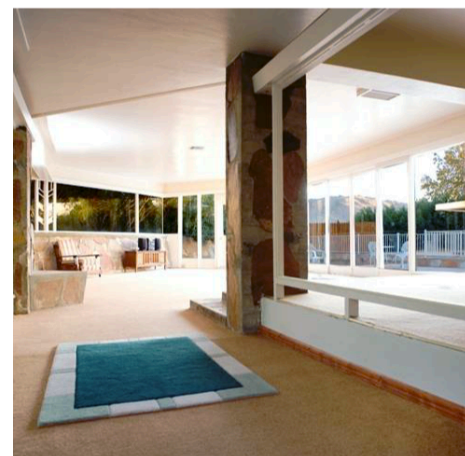
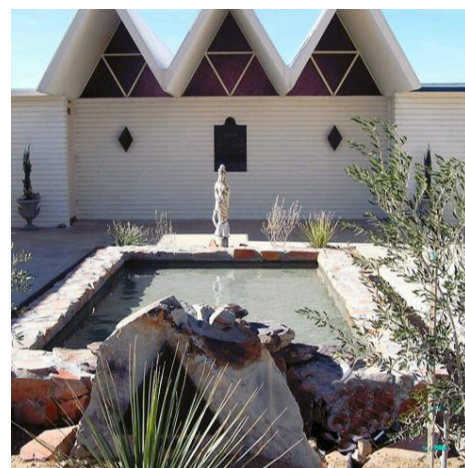
Price starts at \$355 p. person (double occupancy)

Also included: 6 Healthy vegetarian meals and non-alcoholic beverages.

(2x breakfast, 2x lunch, 2x dinner)

All yoga therapy lectures, classes and hand-outs. (Participation in lectures and classes optional)

Not included: travel / transport, tips, spa services, book store purchases, excursions, additional drinks or meals.



Yoga Therapy A La Carte - A Weekend Retreat in Joshua Tree With RoxAnn Madera

*My workshop will be based upon two key elements in life:
Strength and Flexibility.*

Currently when we think of strength we most often think directly of muscle power but there are many different forms of strength both physical and mental. When you 'google' strength the photos archives are mostly about muscles. The dictionary says 'a good or beneficial quality or attribute of a person or thing', power, force, resistance, moral vigor, power by reason of influence, authority, resources, numbers. Strength has been used and interpreted many different ways through the decades. Types of strength can be: Character strengths, talents, skills, interests, learning styles and resources. Our character strengths are usually our driving forces. What does this have to do with Yoga? We will look at and discuss the Principles of Yoga, the Yamas and Niyamas. Of course, we will also work on our physical strength in each session going through the various muscle groups. You will take home guide lines, how to implement strength promoting routines into your life based on your ability.

Approaching Flexibility - Again an attribute which can be worked with both physically and mentally and in a yoga practice they merge to be one and also become one with your muscles. Some definitions from the dictionary:

Flexibility is the range of motion in a joint or group of joints, or, the ability to move joints effectively. Flexible applies to something which may or may not be resilient or elastic but which can be bent or folded without breaking, Flexibility is defined as the ability to change, to bend or to persuade.

When used in business it has been called: The New Definition of Success.

Looking forward to welcome you.

*Namaste,
RoxAnn*



Find additional information about RoxAnn Madera, her classes, workshops and retreats on her website:
<http://yogatherapyalacarte.com>

Find additional information about our Retreat Location at:
<http://www.jtrcc.org/>

JOSHUA TREE RETREAT CENTER Ding Le Mei Institute of Mentalphysics



The retreat is organized by OMC Communication LLC - 7561 Center Ave #32, Huntington Beach, CA 92647, USA - 714-421-0476
Seller of Travel CST #2105756-40 - TCRC Member 600503 "Registration as a seller of travel does not constitute Approval by the State of California." Contact: yogaretreats@help-your-health.com or Rolf Goellnitz +1-714-421-0476