

CHARYM

PRESENTS

DR. FRANK LIPMAN and DR. ALEJANDRO JUNGER

A journey to discover and create deep and vibrant health

SEPTEMBER 26TH, 2009 - 8:30a to 3p



Many people in the prime of their lives are complaining of being overwhelmed, exhausted, running on empty, and feeling decades older than their years. People are spent because today's fast-paced life that all too often distances us from nature's rhythms and cycles that are inherent within our genes and constitution.

Couple those everyday stresses with a growing toxic world (the air we breathe, the water we drink, the buildings in which we live and work, the food we consume), is it any wonder that many of us have slid into a state of chaos. We plan our work, we plan our vacations, we plan our retirement and some of us even plan our funerals. But very few of us plan our wellbeing.



UNTIL NOW.

Join us for a one-day journey with two of the leading luminaries in the integrative health and wellness field, **DR. FRANK LIPMAN** and **DR. ALEJANDRO JUNGER**. Partners in one of NY's top integrative health centers, the 1111 Wellness Center, their respective books, **SPENT** and **CLEAN**, have been hailed by many as the modern day guidebooks to leading a healthy life.



DOCTORS LIPMAN and **JUNGER** are accompanied by the talented and skilled yoga lifestyle guides and healers from the award-winning **CHARYM** Body Temple, including co-founder, **MAUREEN DODD**. Maureen's intention is to become a catalyst for growth and expansion, guiding students toward health and balance in her unique style. Maureen's mission is to help each individual to form healthy habits and expand consciousness so that movement becomes sacred, the body becomes a temple and life becomes a dance.

JOIN US FOR A PERSONALIZED APPROACH TO YOUR INTEGRATED HEALTH.

THE COMPLETE RETREAT INCLUDES: Lectures led by Dr. Frank Lipman and Dr. Alejandro Junger, raw food lunch, yoga and movement led by renowned guide Maureen Dodd, optional walk in White Memorial Park and evening Kirtan. Private one-on-one consultations also available with Dr. Junger and Maureen Dodd at an additional price.

TUITION: \$250 for those booking before September 15th, 2009, \$295 thereafter. Optional half-day tuition available, call or email for details. 50% cancellation fee applies for cancellations within 7 days of event.

...AND JOIN US SATURDAY EVENING FOR

ROOTs & WINGs : Kirtan and Spoken Word Poetry with Gaura Vani & As Kindred Spirits and John de Kadt
Journey with us to the mystical roots of yoga. Kirtan, the song of the soul, is the timeless practice of singing God's names to invoke divine presence. Poetry, as wings of the heart, has been a vehicle for expressing and exploring that same great mystery for eons. Together these two practices invoke the deepest purpose of Yoga, the Sanskrit word which literally means "yoke" or "union." Join us in a gathering of song, chant, music, and poetry on the journey of awakening consciousness and nurturing our connection to the natural and soulful world. *7p - \$25 if not attending FULL retreat.*

TO REGISTER: Please call us at 860.567.7795 or email us at retreats@charym.com.

CHARYM CARAVAN

Bringing Yoga, Sacred Movement, Bodywork + Beauty to the World
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www.charym.com