

EMBODY ABUNDANCE, NOW!

Sacred Gathering, Yoga and Meditation Retreat
JULY 8 - 11, 2010

With Derek Van Atta & Deanna Evans

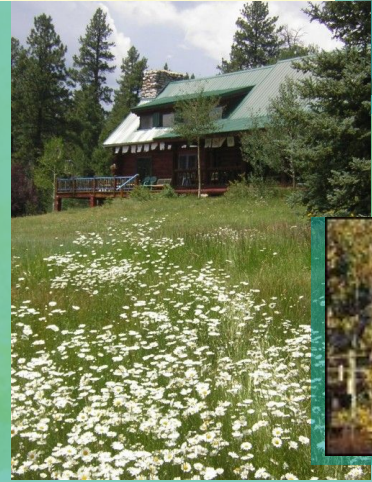
Join us at the Vallecitos Mountain Refuge, a magical, 135-acre wilderness ranch and retreat center located in the San Juan Mountains, for an amazing weekend of embodying the unique Abundance that is You!

Your consciousness about authentic Abundance will never be the same. Together, with innovative and experiential techniques, we will focus on permanently releasing the most debilitating myths about scarcity and unworthiness. As the old myths and patterns begin to fall away, you will create the space for Abundance to move into your life, heart and soul. We will move naturally back into the genetic code in our cells that knows the truth about the perfection and fullness of life allowing potent transformation to occur both individually and collectively.

During this life-changing retreat we will engage in sacred rituals including fire ceremony, meditative walks, communing with nature, chanting and story telling. We will access the wisdom of yoga and meditation to deepen and accelerate this journey, to release old patterns – physical, mental and emotional. Through sacred practice and yoga, we will open our hearts and increase the flow of life force (prana) in our bodies and in our lives so that we know ourselves to be Abundant beings capable of creating our lives in whatever fashion we choose. Let's play!

Derek Van Atta, author of *Your Abundance Now*, is passionate about helping others create the life they really want. He is deeply committed to serving as a loving aid to those of you who want to move out of old patterns into a wonderful new life. His intention is to be fully present for whatever shift you are ready for. He holds virtually no personal agenda, so spirit can flow freely for the highest good of all. Each retreat he leads is unique. Derek "tunes in" to the group heart and soul and offers sacred techniques and potent experiences that are fun, profound and life-changing. Many of his students refer to him as an "Abundance Catalyst." Whatever aspect of abundance you are ready to fully explore, he will accelerate and amplify.

Yoga classes will be lead by Deanna Evans. Deanna has been teaching yoga and meditation for several years offering on-going classes, workshops, retreats, and private sessions. She is registered with Yoga Alliance with over 1500 hours of teaching experience as an E-RYT. Deanna encourages her students to approach their practice with a deep awareness of their physical and subtle bodies, and to face challenges on and off the mat with ease and joy through the vehicle of the breath, a still mind, and an open heart. Mornings will begin with a meditation and a heart-centered, alignment-based vinyasa (flow) class. The evenings will consist of a gentle, more restorative class, pranayama (breath-work), and deep relaxations.



Cost: \$450 if paid by 5/25/2010;
\$525 thereafter

Price Includes:

- 3 nights lodging (single occupancy)
- delicious gourmet vegetarian meals
- all classes and planned activities

- Early registration is recommended.
- A 50% deposit is required to reserve your space.
- Your balance is due by May 25, 2010.
- Any bookings after that subject to availability and full payment.

Contact Derek at: 970-259-2110 or derekvanatta@gmail.com - Or visit: yourabundancenow.com

Or Deanna at: 505-466-1657 or info@deannaevans.com - Or visit: www.deannaevans.com