

syn-er-gy: *"The interaction of two forces so that their combined effect is greater than the sum of their individual effects."*

"Synergy Yoga & Ayurveda" is the coming together of two dear friends, their dedicated Yoga & Ayurveda practices and over 20 years of collective teaching experience.

Yoga & Ayurveda are sister sciences that guide us to our optimal state of health and balance. These beautiful practices share roots in the Vedic sciences and are said to date back over 5000 years. Both also share the body, mind & spirit paradigm.

Hatha Flow is a fluid, integrated system in which the breath artfully links to each movement. Our style is most inspired by the teachings of Krishnamacharya. Within the graceful flow of classical Vinyasa, we include the precision and alignment of Iyengar and offer innovative methods to serve the unique needs and interests of each individual as inspired Hatha Yoga.

Our yoga practices are infused with practical insights from Ayurveda, the world's oldest and most comprehensive system of health care. Through simple Ayurvedic lifestyle practices we can maintain wellness and prevent disease.

Practitioners of all levels are empowered to connect to their innate wisdom and vitality. Each Synergy Yoga class will include meditation pranayama and a creative Hatha Flow sequence, balanced with yin & restorative yoga. This practice is strength-building & warming, yet simultaneously calming, cooling & deeply nourishing.

Skillful hands-on adjustments are used as an additional way to inform the practitioner. Students are provided a safe space for personal exploration and offered tools to enhance their energy, cultivate awareness and ultimately actualize self-discovery and transformation.

For more please visit:

synergyyogaschool.com

Annual Whidbey Island Weekend Yoga Retreat

with Jodi Boone
and Tami Hafzalla

November 1 - 3, 2019

Friday 3 p.m. - Sunday 1 p.m.



We welcome all levels of yoga practice and experience. We emphasize individual attention and assistance, helping you deepen your yoga practice.

For questions please contact:

Tami & Jodi

info@synergyyogaschool.com



Annual
Whidbey Island
Weekend
Yoga Retreat
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Tami Hafzalla
& Jodi Boone

November 1 - 3, 2019

Fri 3 p.m.- Sun 1 p.m.

A yoga weekend away offers you a special opportunity to take space from daily life to connect deeply with yourself and practice in a beautiful setting.

Taking time for retreat can bring forth fresh energy and clear perspective. It can assist you in replenishing physically, mentally and spiritually.

Over the weekend we will create a nourishing practice environment weaving in special philosophical themes that will be explored



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

- Thich Nhat Hanh

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. The Institute's accommodations are rustic farm houses and cabins. All bathroom facilities are shared.

www.whidbeyinstitute.org

Retreat Costs & Accommodations

Farmhouse:

Private room with 1 queen bed: \$695

Private room with 1 single bed: \$675

Shared room with 1 queen bed: \$620 ea.

Double room with 2 single beds: \$650 ea.

Granny's:

Shared room with single beds: \$600

Meadow Row and Hillside Cabins:

Private \$675

Shared Cabin with two beds - \$650 ea.

Legacy Cabins:

Private: \$650

Double room with 2 single beds \$600 ea.

Shared cabin and bed: \$600 ea.

Registration:

Name _____

Phone _____

Email _____

Room Preference

I'd like to room with

Check & Registration Mailed To:

Tami Hafzalla

13041 42nd Ave NE

Seattle WA

98125

Cancellation Policy:

Much time, energy and expense is given in planning our retreats. For this reason, once your payment is received, it is non-refundable.

Schedule and packing list will be sent to participants a week prior to the retreat.