



**January 30–February 1, 2011 Sunday–Tuesday**

## Finding Your Passion: A Unique Yoga-Inspired Weekend

### **Penni Feiner and Geri Topfer**

Open the door to your passion and renew your sense of purpose and connection. This 2-day yoga-inspired retreat will integrate postures, journaling, chanting, and breathwork to help you discover how to live your life with clear intention and make choices that really serve you. In this workshop, you will

- Cultivate witness mind through the exploration of meditation and yoga
- Practice a chakra-clearing sequence to release trapped emotions from the body
- Nurture equanimity and self-awareness
- Use journaling to explore what keeps you from living in your perfect truth
- Dive into yoga nidra (a deep relaxation practice)
- Experience Kirtan Kriya (chanting) and its power to focus the mind
- Remove the obstacles that prevent you from awakening.

Penni Feiner and Geri Topfer will inspire you to turn your passion into action. You will return home ready to devote yourself to a life inspired by a sense of purpose, filled with excitement, inspiration and imagination.



**Penni Feiner** has six years of experience teaching vinyasa flow yoga and is a Kundalini Research Institute-certified yoga teacher. Also certified to teach restorative and LifeForce Yoga®, her classes integrate sacred sound with movement, encouraging participants to explore their own inner song. Penni is executive director of Kula for Karma, a community of yoga teachers who offer yoga to people challenged by illness, abuse, neglect, addiction, and other life obstacles, and also cofounded Emotion in Motion, a workshop for transforming trauma in the body. [www.kulaforkarma.org](http://www.kulaforkarma.org)



**Geri Topfer** has been dedicated to the path of yoga for 10 years. She blends the teachings of Kundalini Yoga, LifeForce Yoga®, and the alignment principles of Anusara Yoga®, bringing to each heart the nourishment it needs to live more courageously and powerfully. She is the founder and President of Kula for Karma—a community of yoga teachers who offer yoga to those who have been challenged by illness, abuse, neglect, addiction, and other life obstacles. In 2010, Geri launched teenkula, creating a dynamic community of philanthropic teens, and she is cofounder of Emotion in Motion, a workshop for transforming trauma in the body. [www.kulaforkarma.org](http://www.kulaforkarma.org)



exploring the yoga of life.

**Take time away to do what you love.** Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

**While you are here...** Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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