

Awaken your Soul.
Expand your Mind.
Heal your Heart.

If you hunger for a deep change in your life that moves you in the direction of less stress, more health, and more spirituality, **YOU ARE NOT ALONE.**

SOUL FIRST is an extraordinary, revealing and renewing journey of the Soul. It stands alone as a one-of-a-kind event for creating a life of flow and ease. Learn to live from your Ka, leading with your 'Soul first', in the spirit of ease and authenticity, filled with peace, joy, love, and passion for your unique Life Path.



Located on beautiful Bowen Island, BC, Rivendell Retreat Centre offers a peaceful serene setting amidst the mountains, forest and ocean. Step into a different reality.

www.rivendellretreat.org

Investment in yourSELF:

\$350 early bird registration

\$395 after July 7, 2010

\$50 non-refundable deposit required

TO REGISTER, CONTACT:
Leonarda

yogapah@gmail.com

phone: 604.733.6189

For more information, visit

www.yogapah.com

and

<http://www.deafretreats.com/deafevent.html>

SOUL FIRST

August 24, 25, 26, 2010
spirituality & yoga retreat in ASL



SOUL WISDOM vs. JUDGEMENT

HEART vs. HEAD

LOVE vs. FEAR

SOUL FIRST vs. EGO FIRST

“Allow it to be easy.” Paularyo

SOUL FIRST vs. EGO FIRST

This unique retreat welcomes Deaf, Hard of Hearing and Hearing signers.
Interpreters will be provided for the Channeling sessions.



Rivendell Retreat Centre offers a serene environment for an authentic inward journey.

Canada welcomes for the first time, Connie Russert, internationally recognized Spiritual Channeler, to present with Yoga Instructor, Leonarda Ehl. Together, we will offer a retreat like never before.

HATHAYOGA classes weaved in between SPIRIT CHANNELING sessions, where each participant will receive personal messages from Master Spirit Guides, will be the focus of these three days. Exquisite vegetarian meals, relaxing environment, an outdoor labyrinth and more is the simple recipe for the SOUL to be re-ignited into heightened awareness.

CONNIE RUSSERT, M.S.

internationally acclaimed
channeler

top-selling author

popular retreat facilitator

featured in upcoming movie



Connie has a gift which allows her to act as a “biological radio” and tune in to a higher frequency of consciousness. She allows a panel of seven Master Spirit Guides who collectively call themselves “Paularyo” to speak through her. The energy and information which is transmitted through Connie is Empowering, Healing and Life-Enhancing. Paularyo provides you with tools for creating Ease, Clarity, and Balance along your path of Personal Growth. Connie, formerly a counselor with Deaf Adults, resides in San Diego, CA with her husband of 25 years. View a captioned clip of her channeling in an upcoming documentary at:

www.DeafRetreats.com

www.ToolsforTransformation.com

**LEONARDA
MINUTILLO-EHL**

founder
YOGA PAH!

yoga instructor
fluent in ASL



Leonarda has been practicing yoga as long as she has been signing - both for over 25 years. A former certified interpreter, Leonarda has ‘married’ her two passions: Yoga and ASL. She has taught ‘Deaf Yoga’ internationally; across Canada, in the US and in the Bahamas. She currently teaches Yoga PAH! classes in Vancouver, BC and has just released her first Yoga PAH! DVD. Leonarda is hearing and has a Deaf cousin. In 2003, she became a certified Yoga Instructor. Leonarda resides in Burnaby, BC with her husband and 5 year old daughter.

Visit: www.yogapah.com