

# PROMISING THE MOON

## A woman's workshop dedicated to remembering our Genius

Content with our families, friends, occupations and lives; how many of us wonder if we are actively traveling a pathway toward our fullest potential? What should we be doing and what is left for us to do? Where do we stumble? Why do we stop? Do we truly exist the ecstatic work that is our life's purpose?

The Roman's believed that our genius (Juno for women) were personal guardian spirits that granted intellect and prowess and attended a person throughout their lives. Patanjali also wrote of, "coming in contact with one's own deity as a result of intense self-study."

This Anusara yoga intensive is specifically designed for women to explore their divine principle or inward oracle. By utilizing two incredibly powerful practices, writing and asana, we will begin to peel away the layers of identification to what we aren't and replace these with the possibility of discovering and re-mem-bering a direct pathway to our heart.

**Who:** Courageous and Extraordinary Woman

**Where:** Casa Feminista Retreat Center

Ojo Caliente, New Mexico

**When:** April 3<sup>rd</sup> – 6<sup>th</sup>, 2008

**Cost:** \$250.00 (lodging excluded, but very affordable!)

**Contact:** [Madhuri@muddyoga.com](mailto:Madhuri@muddyoga.com) or 303-444-0701



**Madhuri Martin** has trained with Richard Freeman, Shri K Pattabhi Jois and John Friend since 1988. In 1998 she began traveling extensively with John, becoming his top assistnat for the next 6 years, during which time she was trained intimately by John on the intricacies and subtilities of Anusara's principles and philosophy. Considered one of Anusaras most eminent teachers, she now conducts workshops throughout the United States and abroad For more information, visit: [www.muddyoga.com](http://www.muddyoga.com)

**Judyth Hill** has published six books of poetry and is the recipient of numerous grants, endowments and awards for her teaching and writing, including the New Mexico Endowment for the Humanities, "Road Scholar." Judyth conducts writing workshops and residencies in museums and schools throughout the country. She writes a well-loved monthly column for the Albuquerque Journal, *Grandma Boomer*. Currently, she is a contributing writer for Sacred Fire Magazine in Boston, and The Catalyst, in Salt Lake City. She is the author of the internationally acclaimed poem, "Wage Peace", which has been set to music by the Cincinnati Women's Choir. Judyth was described by the St. Helena Examiner as, "Energy with skin", and by the Denver Post as a "A tigress with a pen". Visit her website, [www.Rockmirth.com](http://www.Rockmirth.com) for more details.

