



Mystic Muse

The great liberation we have found, as our own woman beauty deepens with age, is the freedom to be exactly who we are, to live our own rhythm, to speak with our own voices. The heart of the Grand Canyon, the influence that formed it, is unseen from afar, just as the force that has shaped our unique beauty lies patiently below the surface, knowing its own flow, cadence and direction. What would happen if we slipped though a great crevice of ourselves and fell into that mysterious current that has always been running...roaring, skipping, splashing, gurgling and giggling and weeping... contained...wild...risky...and serene? Through highly specific yogic practices, we will stretch and enliven the outer form, thus to gaze more potently toward that inner shine. With magnificent writing techniques, we will enter, with passionate listening, in the boats of our writing, the great silence: rowing into sound, words, messages and meaning.

Write me a River, Take me around the bend.
A confluence of poetry and yoga.

GRAND CANYON

SEPTEMBER 11-13, 2009

YOGA & POETRY DIVAS:

MADHURI MARTIN AND JUDYTH HILL

For detailed Information, Lodging and Registration, \$255:
canyonmuse@gmail.com, www.muddyoga.com

FRIDAY - PUT IN

9:00 - 1:00 - yoga and writing

3:00 - 5:00 - writing only

6:00 - 7:30 - co-ed yoga class,

Open to the Community

Immediately followed by potluck.

Family, friends and neighbors welcome!

SATURDAY - EXPLORING OUR TWISTS AND TURNS

9:00 - 1:00 yoga and writing

3:00 - 6:00 yoga and writing

Evening - Optional Grand Canyon
Music Festival

SUNDAY - TAKE OUT

9:00 - 1:00 - yoga and writing

1:30 - catered lunch and poetry

reading by Judyth Hill

Family, friends and neighbors
welcome to the poetry reading.



Madhuri Martin - Has trained in yoga since 1986. In 1990, she began her studies with John Friend. Madhuri is one of Anusara's most eminent teachers. www.muddyoga.com.

Judyth Hill - A stand-up poet, has published six books of poetry and is the recipient of numerous grants, endowments and awards for teaching and writing. www.rockmirth.com