



*If you
want to climb
the mountain peak
You should hold the
Self-mind's light,
Tie it with a
great "Knot,"
And catch it with a
firm "Hook."
If you practice thus
You can climb the
mountain peak
To enjoy the view.*

Milarepa
12th century Tibetan Yogi,
poet, and mountaineer



John Allen Gibel has spent much of the past 5 years in various mountain hermitages and has been a regular retreatant at the Spruce Knob Mountain Center, where his lifelong passion for the study and practice of mountain spirituality was deeply inspired. A yoga teacher, experienced trekker, meditation practitioner, and award-winning filmmaker, his interest in wilderness based yoga has taken him on retreats to some of the world's most venerated mountain sites. He has studied and practiced Ashtanga yoga and Tibetan Buddhism as well as other yoga traditions for 10 years. John Allen lives in Tampa, Florida and is currently producing a documentary on the lives and practices of the hermit yogis of Lapchi, a remote mountain village on the Tibet-Nepal border.

Pricing

Complete 4 day retreat package only \$450
A portion of the cost goes to support The Mountain Institute's operating expenses.
Deposit of \$170 due immediately to hold your spot.
Remaining balance of \$280 is due by August 25, 2010.
Price includes meals and accommodations.
Airfare and rental cars are separate and at your discretion.
A shuttle to and from the Pittsburgh International Airport is included in the retreat fee. The shuttle will depart for an approximately 3 hour ride to Spruce Knob on Thursday afternoon and return on Sunday evening by 5pm. Airfare to Pittsburgh International Airport varies based on carrier and time of purchase. Retreatants are also welcome to drive their own vehicles to The Spruce Knob Mountain Center.

Yogani Studios | 1112 W. Platt St | Tampa, FL 33606
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YOGANI STUDIOS PRESENTS

a 4 day mountain retreat



yoga ascent
BECOMING THE MOUNTAIN



SEPTEMBER 9-12 | \$450
SPRUCE KNOB, WEST VIRGINIA

Why Mountains?

The misty summit of the holy mountain is an evocation of Spirit that is found in many of the world's mystical traditions. In the mythology of South Asia, the mountain has always been the native abode of the hermit yogi. The sacred mountain is synonymous with the depiction of the practitioner of yoga, engaged in meditative absorption deep in their caves. In the Rig Veda, mountains are depicted as "supernatural beings possessed of the power of flight, until Indra, the king of the gods, clips their wings." In many other Himalayan folkloric and religious contexts, the veneration of both the mountain and the yogi are so connected as to be interchangeable. In some traditions, the mountain venue is literally identified with the yoga practitioner. Here the yogi is no longer seen as the mystic who inhabits the mountain; the yogi is the mountain.



Experiencing Yoga in its Classical Setting

This is your opportunity to explore the heart of yoga at its intended height!

This will be a retreat for the nature and climbing enthusiast who is interested in yoga, as well as for the yoga practitioner who wants to explore the centrality of the sacred mountain archetype in Yoga history and practice.

In addition to daily yoga sessions and meditation practices, all of our excursions and outdoor activities are optional highlights of the retreat, and you are welcome to spend your days exploring the silence and tranquility of the wilderness. The retreat will emphasize the benefits of solitude and silence in nature; and the development of traditional yoga as a mountain-based practice. You will



encounter the mountain as a place of ascent and experience the proximity of the mountains to Spirit itself. Through silent meditation, hiking, stargazing, climbing, journaling, yoga practice, and traditional mountain ceremonies, you will open yourself to the uplifting and healing power of the sacred mountain.

Itinerary

- Thu: Evening arrival, Vinyasa Yoga practice, dinner and orientation, meditation
- Fri: Sunrise meditation and pranayama
7:30-9:00 Yoga
10:00 Breakfast, Personal Time
11:00 Silent Trek to Spruce Knob
Incense offering and cleansing ceremony, discussion and lunch
Silent Trek back to campus
2:00 Expedition to Seneca Rocks, ecology discussion with Mountain Institute staff
7:00 Dinner
9:30 Stargazing, observatory
- Sat: Sunrise meditation and pranayama
7:30-9:00 Yoga
10:00 Breakfast, Personal Time
11:30 Departure to via Ferrata climbing course
4:30 Group Meditation and Yoga
7:00 Dinner
8:30 Ecstatic Mixer and bonfire
- Sun: Sunrise meditation and Yoga
8:30 Walk to the Spring, closing ceremony
9:30 Breakfast
10:30 Shuttle Departure for Pittsburgh International Airport



The Mountain Institute: Spruce Knob Mountain Center

Spruce Knob, located in the Monongahela National Forest in the north central highlands of West Virginia, is the highest peak in the state. In mountain-based Yoga we find the intersection of the values of genuine spirituality as well as their practical application in ecological awareness and conservation initiatives. Here, we discover mountains not only as repositories of wildlife, natural resources and folk traditions, but also as a reserve of a vibrant natural mysticism, through our encounters with the wilderness as a place of pilgrimage, prayer, reflection, and healing. Through our contemplative practice at higher altitudes, we find reflected in nature what Emerson called that "herald of an inward and eternal beauty."

Retreatants will experience rustic lodging in self-cooling Pisé de terre style dorms. Daily yoga and



meditation will be held in the stacked concentric western style yurts, designed according to the principles of sacred geometry by environ-

mentalist and architect Bill Coperthwaite. Between daily yoga and meditation sessions, visitors are welcome to explore the beauty of the mountain forests. Healthy and delicious meals will be prepared by The Mountain Institute staff and bagged lunches will be provided for daily excursions.