



December 20-25, 2010
IWP center, Mae Rim, northern Thailand

Join us to celebrate year's end with five days of yoga, meditation, and relaxation.

There will be two daily sessions of yoga, guided meditation, dharma sharing and ample personal time for rest and reflection. Delicious and nutritious vegetarian meals and the simple beauty of IWP's center will support your yoga and meditation practice. We will end on the 25th with a morning yoga session and festive brunch to enjoy Christmas and community.

The retreat is suitable and open for practitioners at all levels including beginners.



The retreat will be lead by Amy McDonald from Australia and Ouyporn Khuankaew, IWP co-founder and trainer. Amy is a yogini and writer who teaches in a tiny cottage as kangaroos hop through her garden. She shares her yoga for joy and peace and warmly welcomes beginners. Ouyporn leads meditation retreats that focus on making Buddhism engaged, meaningful and relevant in today's world.



Fees for the five day retreat include food, accommodation, an honorarium for the facilitators, and transport to/from the center from Chiang Mai. Fees are on a sliding scale based on your ability to pay: \$175-\$250 for people living in the global North and \$120-\$150 (3,500-4500 baht) for people living in the global South and/or low income.

For more information and to register, contact Ginger at ginger@womenforpeaceandjustice.org by November 1. www.womenforpeaceandjustice.org

