

YOGA for LIFE

A Vedic Learning Intensive Retreat with Jeffrey Armstrong ~ Kavindra Rishi

Founder of VASA Vedic Academy of Science & Arts

This summer you have the opportunity to spend 4 days with Vedic Tantra Master and Yogi, Jeffrey Armstrong (Kavindra Rishi) in beautiful British Columbia.

Aug 21 - 24, 2009

Friday to Monday

August 25 (Tuesday)

Jeffrey Armstrong is available
for Private Sessions

4 Life changing Days for only \$575 CAD

*Vegetarian meals & snacks are included.
Airfares and accommodation NOT included.
Maximum 20 persons.*

DEPOSIT

Deposit Due: May 1 - \$200

EARLY REGISTRATION DISCOUNT:

10% Discount if paid in full by May 1, 2009
\$517 Canadian

PAYMENT PLAN Total \$575.

- Deposit Due: May 1 \$200
- 1st Payment due June 1 \$125
- 2nd Payment Due July 1 \$125
- Balance Due Aug 1 \$125

Please provide post-dated cheques
or your credit card.

LATE REGISTRATION

Registrations after AUG 1 \$675 - no exceptions

SCHEDULE

AUGUST 21, Friday: Arrive 3pm
Registration & Welcome reception.
Friday class starts at 4pm sharp - until 9pm
AUGUST 22 - 23: Sat. & Sun. 7am until...
AUGUST 24: Monday 7am - 5pm

OPTIONAL

AUGUST 25 Tuesday is open for personal
sessions with Jeffrey. (Must pre-book)
Priority given to out-of-town clients

Personal Coaching \$150/hr.
AyurVedic Charts \$250 - 1 1/2 hr
Update to Charts \$200 - 1hr

**To register call today
604-275-6567**



Through the knowledge of Yoga, one reaches their highest potential.

4 DAY in-depth IMMERSION:

Experience an inspired and fully integrated yogic lifestyle by living it.

Four full days of dynamic classes with *Jeffrey and Guest Teachers* on the art of living a yogic lifestyle, including both internal and external practices: Bhakti Yoga with various meditation techniques, Jñana Yoga, Karma Yoga, Tantra Yoga and Sacred Relationship, Physical Yoga, Ayurvedic principles, Chinese Taoist techniques for longevity, and Martial Arts for energy cultivation.

In addition to learning we also play!

According to the Vedas - In the spiritual world they don't walk -they dance, they don't talk - they sing.

In the evening we will offer entertainment, kirtan with *Pete McCormack* and fun social activities as part of your learning the 64 ARTS. During the program you will also have many opportunities to ask Jeffrey your philosophical questions. We plan to include a tour to the Buddhist Temple in Steveston and a few other "nature or cultural" events.

Where:

Hosted by VASA at DEVA LOKA - 6300 Danube Rd. Richmond BC

Accommodations are not available at Deva Loka but we can offer recommendations on where to stay in the area at a reasonable rates. See website for suggestions.

The program is open to students and teachers of yoga, and students & private clients of Jeffrey/VASA. We look forward to spending a transformative retreat with you this summer!

Email: Anthony Kushak <vasa108@telus.net>

Special Events Coordinator VASA Vedic Academy of Sciences & Arts

www.JeffreyArmstrong.com



Registration Application

YOGA for LIFE A Vedic Learning Intensive Retreat

Maximum 20 persons

Aug 21 - 24, 2009 Friday to Monday

August 25 (Tuesday) Jeffrey Armstrong is available for Private Sessions

4 Life changing Days for only \$575 CAD

Vegetarian meals & snacks are included.
Airfares and accommodation NOT included.
Maximum 20 persons.



YOGA for LIFE A Vedic Learning Intensive Retreat

DEPOSIT

Deposit Due: May 1, 2009 - \$200

EARLY REGISTRATION DISCOUNT:

10% Discount if paid in full by May 1, 2009 \$517 Canadian

PAYMENT PLAN Total I am paying in full by **May 1, 2009**

- Deposit Due: May 1 \$200
- 1st Payment due June 1 \$125
- 2nd Payment Due July 1 \$125
- Balance Due Aug 1 \$125

Please provide post-dated cheques or your credit card.

LATE REGISTRATION

Registrations after AUG 1 \$675 - no exceptions

SCHEDULE

AUGUST 21, Friday: **Arrive at 3pm**

Registration & Welcome reception

Friday class starts at 4pm sharp - until 9pm

AUGUST 22 - 23: Sat. & Sun. 7am until...

AUGUST 24: Monday 7am - 5pm

OPTIONAL

AUGUST 25 Tuesday is open for personal sessions with Jeffrey. (Must pre-book)

Priority given to out-of-town clients

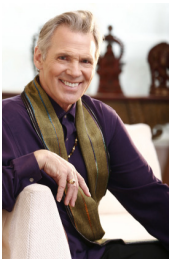
Personal Coaching \$150/hr.

AyurVedic Charts \$250. 1½ hr

Update to Charts \$200. 1hr

To register call today
604-275-6567

VASA Vedic Academy of Sciences & Arts
Jeffrey Armstrong Founder



<input checked="" type="checkbox"/> Please register me	DUE	Paid
<input type="checkbox"/> Deposit Due: May 1, \$200	\$200	<input type="text"/>
<input type="checkbox"/> 1st Payment due June 1 \$125	\$125	<input type="text"/>
<input type="checkbox"/> 2nd Payment Due July 1 \$125	\$125	<input type="text"/>
<input type="checkbox"/> 3rd Payment Due Aug 1 \$125	\$125	<input type="text"/>
<input type="checkbox"/> I am paying in full by May 1,	\$517	<input type="text"/>
<input type="checkbox"/> I am paying in full after May 1	\$575	<input type="text"/>
<input type="checkbox"/> I am a LATE registration / Aug 1	\$675	<input type="text"/>
<input type="checkbox"/> YES I would like a Private Session \$150/hr		
<input type="checkbox"/> YES I would like an Ayurvedic Astrological Consultation \$250 for 1.5hr		

We will call you to confirm

Method of Payment

- Check
- Post dated cheques - please remit a series of post-dated cheques
- Visa / MC
- Pay Pal

Name _____

Address _____

Phone _____

Make cheques payable to:
S.Graham & Associates
6300 Danube Rd. Richmond BC V7C 3H9

Credit Card # _____

Exp. date _____

Signature _____

- Please email me a receipt:
EMAIL address: _____

PRINT clearly