

# Esalen®

## **GRAVITY & GRACE: Tools for the Subtle Body** **Peter Sterios**

with live acoustical music provided by Masood 'Moose' Ali Khan

**FEBRUARY 28 – MARCH 5, 2010 (Sunday through Friday)**

Come join Peter and 'Moose' for a magical week in Big Sur. The daily schedule will include 2 hatha yoga and meditation classes accompanied by live music, relaxing in Esalen's world renowned mineral spring-fed tubs and their organic cuisine, and ample downtime for exploring nearby mountain & coastal hiking trails, getting therapeutic massage, or just "doin' nuttin".

This weeklong long program will be taught for practitioners of all levels and will be progressive in nature, paced step-by-step over the week.

<b>FIVE DAY WORKSHOP PRICING</b>	<u>Regular</u>	<u>Friends (*)</u>
<b>Standard Accommodation</b>	\$1155	\$1105
<b>Bunk Bed Room</b>	\$890	\$840
<b>Sleeping Bag Space</b>	\$620	\$570

(\*) a Friend of Esalen donation of \$50 or more will benefit their programs and entitle you to: A.) \$50 reduction in tuition for all future workshops and the ability to stay as a Personal Retreat guest over the next 12 months; B.) Friends of Esalen Newsletter for one year; C.) tax deduction under IRS section 501(c)3 for the amount of the donation.

**For a complete description of the workshop program, accommodations, directions to Esalen and how to register, visit: [www.esalen.org](http://www.esalen.org)**



Peter Sterios, is an international yoga teacher based in San Luis Obispo, CA. His teaching reflects over 30 years of study and practice in the US and India. A writer and former contributing editor for Yoga Journal, his first yoga DVD "Gravity & Grace – Yoga for Finding your Inner Teacher" was recently was honored by Yoga Journal as "one of the top 15 Yoga DVD's of all time", available at [www.petersterios.com](http://www.petersterios.com)



Masood Ali Khan, a world traveler of Indian decent, has been in the dance of music and yoga for over 16 years, playing percussion and a unique instrument called the Hang, with sounds reminiscent of classical Indian music and Caribbean steel drum. His first CD, "The Yoga Sessions", was released in July, 2010 and is available at: [www.masoodalikhan.com](http://www.masoodalikhan.com)

Register on the web or call 831 667 3005

For additional information please contact [info@esalen.org](mailto:info@esalen.org)

*Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.*



*Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.*

