



*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 is always the native abode of the hermit yogi. Here the sacred mountains are often considered synonymous with a practitioner of yoga engaged in meditative absorption deep within 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." Himalayan folkloric and various historical religious contexts also depict the mountain and the yogi as deeply connected and interchangeable. The yoga practitioner is often closely identified with the majestic mountain venue. 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 and 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, there will be optional excursions and outdoor activities to highlight your retreat. You are also welcome to spend your days exploring the silence and tranquility of the wilderness at your leisure. The retreat will emphasize the benefits of solitude and silence in nature and will cultivate the development of traditional yoga as a mountain-based practice. You will encounter the mountain



as a place of personal 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 be called to open to the uplifting healing power of the sacred mountain.

Itinerary

- Thur: 3:00 pm Shuttle Departure from Pittsburgh International Airport
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 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 value of genuine spirituality and its practical application in ecological awareness and conservation initiatives. 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, our awareness of the sacred connectedness of all things is revealed. Through our contemplative practice at higher altitudes, we will find in nature what Emerson called the "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 offered in the stacked concentric western style yurts that are designed according to the principles of

sacred geometry by environmentalist 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.