



## Take time away to do what you love.

Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

## While you are here...

Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

# Kripalu



# Vandita Kate Marchesiello

## Prime Time Yoga with Vandita: Radiant Health After 50

### September 12-14, 2008

For all levels.

What will your life look like in 5, 10, or 20 years? Are you setting the stage today for a fulfilled and vibrant life? It's never too late to discover the profound and healing benefits of yoga, including

- Overall well-being and detoxification
- Increased flexibility, stamina, strength, muscle tone, and range of motion in the joints
- Healthier breathing patterns and cardiopulmonary functioning, and more efficient metabolism.

Vandita Kate Marchesiello has more than 30 years of experience with Kripalu Yoga and can help you get motivated for success in aging gracefully. The weekend will include mindful walks in nature, gentle yoga stretching from the inside out for beginners and seasoned practitioners alike, creative visualization, journaling, deep relaxation (yoga nidra), and conscious eating experiences to enhance your diet.

Relax, refresh, rejuvenate, and bring a friend or family member you want to introduce to yoga. Supporting each other when you return home will make a world of difference.

**Vandita Kate Marchesiello**, E-RYT, is the director of the Kripalu Yoga Teachers Association and teaches gentle yoga at Kripalu. She has been leading workshops, classes, and training programs for more than 30 years. Vandita's CD, *Transform, Relax, and Rejuvenate*, continues to be a best-seller in the Kripalu Shop where proceeds from its sales go to her favorite cause, the Teaching for Diversity Program. [www.kyta.org](http://www.kyta.org) and [www.yoganowandthen.com](http://www.yoganowandthen.com)

**stockbridge, massachusetts | 800.741.7353 | kripalu.org**