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**March 20–25, 2011 (Sunday–Friday)**

## Advanced Yoga Practices: Deep Meditation Training and Retreat

**Katrine Kristiansen and CarsonZi**

*For everyone, from beginners to advanced practitioners.*

Are you looking for a complete yoga system based on traditional teachings? Would you like to start or expand a daily practice of inner silence? Could you use support as you learn, including an online community, free lessons, audiobooks, and more?

Developed by long-time American yoga practitioner and author Yogani, the Advanced Yoga Practices (AYP) approach is based on the eight-limbs of yoga. This retreat with two leading AYP instructors will include a balanced daily practice of deep meditation, spinal breathing pranayama, and a basic asana routine. Training will be geared toward the needs of the individual and customized to each student's level of experience. Instructions for establishing a daily home practice will also be provided so that abiding inner silence, creativity, and happiness can continue to expand in all areas of your life.

There is a growing AYP presence in many local communities. No previous yoga or meditation experience is required; beginning, intermediate, and advanced yoga students are all welcome. **CE Credits are available for this program.** *Recommended reading:* Yogani, *Deep Meditation* (AYP Publishing).



**Katrine Kristiansen** is a classically trained flautist, vocalist, homeopathic healer, teacher, and mother of two grown daughters. In the 1990s, arthritis and cancer revealed within her the formless consciousness that shines through all of life. Healed through macrobiotics and meditation, Katrine has been engaged in individual and group teaching and healing work, anchored in inner silence since 1996. She has been leading AYP Deep Meditation seminars and retreats since 2008 in Norway and Ireland. [www.inner-silence.org](http://www.inner-silence.org)



**CarsonZi, RYT**, is a former touring musician and recording studio owner. The hazards of that industry led to drug addictions and difficult times. In 2008 he began using the AYP system of practices, and the addictions disappeared within a few months. Since then he has become a Yoga Alliance-certified yoga instructor and has been teaching the AYP system of practices in a large yoga studio and several rehab facilities in Calgary, Canada. In addition to his yoga activities, he works full-time at General Electric, is married, and welcomed a baby daughter in 2010. [blissedyoga.com](http://blissedyoga.com)



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