



Youth Yoga Dharma presents a benefit event:

Mindfulness of the Body

with Ajahn Pasanno & Cator Shachoy

**Bija Yoga Studio, 1348 9th Avenue (at Irving),
San Francisco**

Saturday, July 18, 2009; 9 am - 5 pm

We are happy to have Ajahn Pasanno back with us for a Day of Mindfulness of the Body. Co-abbot of Abhayagiri Monastery in Redwood Valley, Ajahn Pasanno has been a Buddhist monk for 35 years. This is one of just a few public events offered this year with Ajahn. Please join us for this day! The schedule: Morning meditation led by Ajahn Pasanno, followed by a 2-hour yoga class with Cator. Lunch break from 12-1:30 pm. Please bring a food offering to share with Ajahn Pasanno. The afternoon will include sitting and walking meditation, dharma reflections, Q&A. **This retreat is open to anyone with an interest in yoga & meditation. No previous experience necessary.**

Retreat fee: In the Buddhist tradition, this daylong event is offered freely to all. Donations are gratefully accepted. All proceeds will benefit Youth Yoga Dharma, a 501c-3 non-profit organization dedicated to offering youth the skills of yoga & meditation in a variety of environments, emphasizing disadvantaged situations. Contributions are tax-deductible – Tax receipts for donations are available upon request. www.youthyogadharma.org.

To register: call (650) 992-9642 or email: info@youthyogadharma.org

Space is limited — Advance registration recommended

Ajahn Pasanno took ordination in Thailand in 1974. During his first year as a monk he was taken by his teacher to meet Ajahn Chah, with whom he asked to be allowed to stay and train. One of the early residents of Wat Pah Nanachat, the International Forest Monastery of Ajahn Chah's, Ven. Pasanno became its abbot in his ninth year. During his incumbency Wat Pah Nanachat developed considerably, both in physical size and in reputation, and Ajahn Pasanno has become a very well-known and highly respected monk and Dharma teacher in Thailand. Ajahn Pasanno moved to California on New Year's Eve of 1997 to share the abbotship of Abhayagiri Buddhist Monastery.

Cator Shachoy has worked with youth as a teacher of yoga & meditation, as well as art, swimming, and other skills for 15 years. Cator began the practices of Yoga, Buddhist meditation, and Energy Healing in 1990 due to chronic illness. Through the regular practice of these disciplines she began to recover her strength and vitality. In 1995 Cator moved to San Francisco, where she teaches yoga & meditation classes to adults and youth, and has a private practice in Craniosacral bodywork. She is an Iyengar-trained yoga instructor, a Mindfulness-based Stress Reduction teacher, a practitioner of Visionary Craniosacral bodywork, and a member of the Spirit Rock Teen Council. Cator delights in sharing these healing practices which inspire her life.