

# Healing Ourselves, Healing Our World

## Friday 9/09/22

2:00 – 2:45 PM	Registration	
3:00 – 5:00 PM	Ayurvedic Basics, Assessing Our Constitution & Imbalances Understanding Our Individual Physiology, Anatomy, Mental and Emotional Make-up	<b>Sarasvati</b>
5:15 – 5:45 PM	Qigong	<b>Michael</b>
<b>6:00 PM</b>	<b>Dinner</b>	<b>Dining Pavilion</b>
7:30 – 8:30 PM	Tea, Music and Chanting Under the Stars	<b>Sarasvati, Austin, Cindy, Amanda</b>

## Saturday 9/10/21

9:00 – 10:00 AM	Yoga Stretch & Guided Relaxation	<b>Amanda &amp; Cindy</b>
10:00 – 12:15	Pranayama & Meditation; Doshic & Health Benefits, Pranayama for Separate Doshas Using Yoga for Healing – The Ayurvedic Basis of Hatha Yoga Practice OM Meditation for the Heart	<b>Sarasvati</b>
<b>12:30 PM</b>	<b>Lunch</b>	<b>Dining Pavilion</b>
1:30 - 2:30 PM	Break; take a walk, a hike, sit on the porch a spell.	
2:30 – 4:45 PM	Digestion as the Root of Health, Nutrition, Lifestyle Adjustments Assessing Your Own Digestion; Reading the Tongue	<b>Sarasvati</b>
5:15 – 5:45 PM	Silent Meditative Walk – Choosing Your Sankalpa	
<b>6:00 PM</b>	<b>Dinner</b>	<b>Dining Pavilion</b>
7:30 – 8:30 PM	Tea, Music and Chanting Under the Stars	<b>Sarasvati, Austin, Cindy, Amanda</b>

## Sunday 9/11/22

9:00 – 9:45 AM	Yoga Stretch & Yoga Nidra	<b>Amanda &amp; Cindy</b>
9:45 – 12:00	The Subtle Body Understanding the Chakras & Chakra Meditation Four Purifications, Meditation in the Yogic Tradition Chanting for Healing	<b>Sarasvati</b>
<b>12:30 PM</b>	<b>Lunch</b>	<b>Dining Pavilion</b>

**Be advised. Pop Up Ayurveda Jeopardy can happen anywhere!**

**Beth/Amanda**

*Please be respectful and arrive at meals promptly. The wait staff serves when all are seated. Thank You!*

*Turn cell phones completely off (not just to silent) Use in btw classes if needed.*

*Avoid perfumes and scented lotions.*

***If someone needs to get a hold of you they can call HF Bar at 684.2487 and staff will find you.***

**Aplaceofwholeness.com**

## 2023 Retreat Bios

### **Sarasvati Buhrman, Ph.D, C-I-AYT, E-RYT 500**

Sarasvati Buhrman, Ph.D., C-IAYT, E-RYT-500, is an Ayurvedic Medicine practitioner and Yoga Therapist, as well as a teacher of Yoga practices and philosophy. She received her bachelor's degree in Biology at the College of William and Mary, studied Genetics at the graduate level, and received her Ph.D. in Sociocultural Anthropology at the University of Colorado, Boulder. She was first introduced to Ayurveda by her spiritual guru, Yoga master Baba Hari Dass, who trained her in the philosophies and practices of Ashtanga, Hatha, Bhakti, and sattvic Tantra Yoga practices. She then studied Ayurvedic medicine and was qualified to practice by Professor R.P. Trivedi of Benares Hindu University. She served for four years on the board of the National Ayurvedic Medical Association, and is a member of the International Association of Yoga Therapists and the Colorado Ayurvedic Medical Association. She has taught at the Rocky Mountain Institute of Yoga and Ayurveda in Boulder, Co Metropolitan State College, the Naropa Institute, and various other Yoga teacher trainings. She maintains a private practice of Ayurvedic medicine and classical Yoga Therapy in Boulder, Co. Her publications are available on her website [www.Ayurvedicsolutions.com](http://www.Ayurvedicsolutions.com). Sarasvati taught at the first Wholeness Retreat and many others throughout the years. We're excited to have her here to celebrate our 20<sup>th</sup>!

**Michael D. Patty L. Ac. DACM, Dip.Ac.** He graduated from the Colorado School of Traditional Chinese Medicine in 1999 and served as an adjunct faculty member at Colorado School of Traditional Chinese Medicine in Denver for 5 years. Michael studied at the Heilongjiang University of Chinese Medicine in Harbin, China (2008). Michael started Bubbling Springs Acupuncture in 2000 in Estes Park, CO. and moved his practice to Sheridan in 2005. He is a practitioner of Qigong and a member of the National Qigong Association (USA) since 1996 as well as teaching Tai Chi and Qigong since 1996. Michael taught TaiChi, Qigong, and the Tui na (Chinese Massage) as an adjunct faculty at Sheridan College. This will be Michael's 20<sup>th</sup> year of participating in the Wholeness Retreat!

### **Amanda Baker, BA, CYT 300, CMT,**

Amanda has a deep interest in and love of Ayurveda and Yoga and uses their healing practices in her work and in her daily life. She was certified as a yoga teacher through Aura Wellness Center in 2015 and teaches multiple yoga classes each week. Amanda received her Massage Therapist Certification from Sheridan College in 2018. She implements Swedish, Myofascial Release, neuromuscular, lymphatic drainage, trigger points, guasha and cupping therapies into her massage practice using Ayurvedic oils. Amanda has been immersed in Ayurveda most of her life. Her time outside work is spent co-parenting Violet, hanging with family and playing keyboard with The Alley Kats.

### **Austin Taylor**

Austin has been playing music for the past 8 years. He graduated from Sheridan College in 2020 with a degree in music and business. He plays, bass, guitar, drums and piano and is the lead singer and guitarist of his band The Alley Kats who have released 2 songs into Apple I Tunes and Spotify and other music platforms. He has a strong love for music; writing and performing and often can be found playing band gigs and DJing. His spends his time co-parenting Violet with Amanda, traveling to concerts and being with his family and friends.

### **Cindy Baker, Ayurvedic Practitioner, Yoga Therapist**

Cindy is celebrating 23 years of teaching Yoga and Ayurveda. She attended her first yoga class in 1977 and her first Ayurveda class taught by Dr. Vasant Lad in 1990. She graduated from the Rocky Mountain Institute of Yoga and Ayurveda in Boulder Colorado as a Pancha Karma Therapist in 2002 and in 2003 completed the certification in Yoga Therapy and Ayurveda Counseling. This school required students that wanted to be Ayurvedic Practitioners to become Yoga Therapists and Pancha Karma therapists as well, giving her the foundation and confidence to teach others. RIMYA had a strong focus on meditation (which seemed impossible at first) and on learning from the Upanishads, the Bhagavad Gita, the Yoga Sutras of Patanjali and other spiritual treasures that explore the consciousness. Her first years of teaching were with people with cancer. Having a deep realization that Ayurveda and Yoga teaches to the person, not the disease, caused Cindy to expand her practice. Yoga and Ayurveda are a way of life and can be adapted to any person, any faith, anytime, anywhere. Cindy also has used these practices for over 34 years in her work at hospice.

# Class Descriptions

## **Ayurveda Basics, Assessing our Constitution and Imbalances**

From imbalance to balance. Looking at when are we really healthy according to Ayurveda, what causes illness, symptomology causes, how does disease start? And what the heck is our constitution (dosha) anyway! Learn the difference of prakriti (our constitution when we are born) and vikriti (our current state) and how our own unique mental and emotional make up responds to different situations, seasons of the year and seasons of life as well as foods. “Ultimately, Ayurveda is an art of living in harmony with the natural world, practiced moment to moment”.

## **Pranayama and Meditation, Doshic and Health Benefits, Using Yoga for Healing, Ayurvedic Basis of Hatha Yoga Practice**

Different practices are appropriate for different prakritis and vikritis. Hatha Yoga uses various practices to affect the doshas in certain ways as well as to calm the mind and enhance meditation. Who should use what where when. And how will these practices help heal our whole being; physically, mentally, emotionally, spiritually.

## **Digestion as the Root of our Health, Reading the Tongue and Self Assessment**

“This key Ayurvedic tenet has actually been validated over the last 10 years of studies of the role of the gut biomes in a number of systems of the body, especially brain function and immunity.” What does good digestion look like? How can we learn to read the subtle signs of going out of balance? Why do we have food allergies? Are you lactose intolerant? Or Casein intolerant? And what is the tongue telling us? Bring a handheld mirror if you can!

## **Understanding the Chakras and the Subtle Body, Meditation in the Yogic Tradition**

Yoga is a process of purification and gently moving the currents of Prana from the outer perception towards the center. We have a physical body and we have other subtle bodies, the koshas. The chakras are energy centers which activate and control your body and mind. “From a Yogic perspective, we begin to discover the part of us which is eternal and blissful, as opposed to that part which is changeable and mortal. We begin to realize there is a place of inner peace within which is always present and accessible regardless of what happens outside.” Come experience.

**\*\* All yoga classes will be adapted to what is right for you during the retreat\*\***



20<sup>th</sup> Annual Wholeness Retreat  
PO Box 4053  
Sheridan, WY 82801

Sponsors:  
The John and Helen Ilsley Family Foundation  
The Ann Van Trump Family  
Kathy and Dan Riggs - The Riggs Foundation in memory of Norma Lee Elliott  
Jody Bush in memory of Tom Bush  
Kendall Stewart Hartman  
Anonymous

**REGISTRATION-2023 RETREAT**

Make checks payable to A Place of Wholeness. Please print clearly. Please indicate the days you will attend.

**Retreat fee is separate from lodging fee.**

Name: \_\_\_\_\_

\_\_\_ FULL RETREAT REGISTRATION-\$285 (if not staying @ HF)

Full retreat -\$245 if staying one night at HF Bar

Mailing Address: \_\_\_\_\_

Full retreat -\$225 if staying two nights at HF

(Must contact HF Bar 307.684.2487 directly to make/pay for room reservations.

City, State, Zip: \_\_\_\_\_

**\*\*Mention this retreat for a reduced rate!**

Telephone: \_\_\_\_\_

**FRIDAY 9/09**

\_\_\_ AFTERNOON CLASS (no dinner) - \$45

Email: \_\_\_\_\_

\_\_\_ AFTERNOON CLASS, DINNER, MUSIC & TEA - \$75

Registration Fee: \_\_\_\_\_ Check# \_\_\_\_\_

**SATURDAY 9/10**

\_\_\_ FULL DAY- \$140 (includes lunch, dinner, evening tea & music)

\_\_\_ MORNING-\$75 (includes lunch)

\_\_\_ AFTERNOON- \$75 (choose lunch OR dinner)

**REGISTER BY SEPTEMBER 3, 2023**

\_\_\_ SUNDAY 9/11 - \$70 (Includes lunch)

Mail To:  
A Place of Wholeness  
PO Box 4053  
Sheridan, WY 82801

\*Full Day includes lunch & dinner. Half day includes one meal.\*An Ann Van Trump Memorial Fund scholarship available for someone currently undergoing cancer treatment. Some partial scholarships available through A Place of Wholeness. \*Please contact Cindy Baker at citabaker777@gmail.com. \*Carpooling Available. CEUS AVAILABLE.

**20<sup>th</sup> Annual Wholeness Retreat  
September 8-10, 2023  
HF Bar Ranch, Saddlestring, Wyoming**