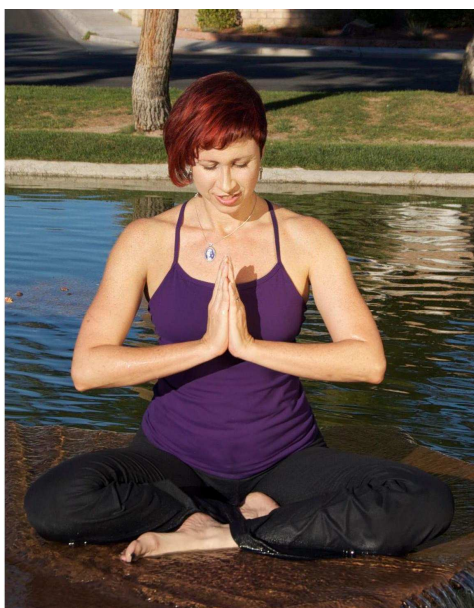


# Retreat of a Lifetime with Bhante Sujatha and Cheryl Slader!



at Sage Hills Center  
([www.sagehillshealing.com](http://www.sagehillshealing.com))  
in beautiful Cedar City,  
Utah. Labor Day  
Weekend,  
Friday night August 31st -  
Monday afternoon  
September 3rd, 2012



A former professional dancer/showgirl, Cheryl Slader has been teaching dance, exercise, and yoga for over twenty-eight years. Cheryl has been certified to teach yoga by Erich Schiffmann, Jivamukti Yoga, and Doug Swenson. Cheryl completed her 500 hour teacher training which included an apprenticeship in New York City with Jivamukti senior teacher Ruth Lauer-Manenti. She recently assisted Erich Schiffmann's teacher training in Venice Beach, Ca. Cheryl is the yoga professor at the College of Southern Nevada, teaches at the Las Vegas Recovery Center, Spa Bellagio, Spa Aria, and Red-rock Casino. Inspired by rockstar Sting to pursue yoga, Cheryl emphasizes the philosophy of "living the practice off the mat". Cheryl is the founder and owner of BLUE SKY YOGA {Las Vegas}, a "pay what you can" donation based studio. By living the practice, trusting the universe, and extending kindness and compassion, Cheryl hopes to change the lives and share the sacred teachings of yoga to ALL people no matter what their financial situation is. Those who can donate more might do so to make up for those who can not and therefore UNION will be created by serving each other. Love is the key.



The Yoga Room at Sage Hills



The Labyrinth at Sage Hills

Bhante Sujatha was born in Kandy, Sri Lanka. As a child he knew he wanted to become a Buddhist monk. At age 11, his wish was finally granted and his parents gave their permission for him to enter the monastery. He studied under the school's ordination in the Theravada tradition of Buddhism. Theravada is regarded among its practitioners as the lineage closest to the original form of Buddhism and was brought to Sri Lanka around 250 B.C.

After his ordination he taught in Sri Lanka, Australia, Canada, and Michigan before making his home in Illinois. He is the founder and director of the Blue Lotus Temple in Woodstock. His hope is to blend traditional Buddhist teachings with American culture to bring peace and balance into our fast-paced and sometimes stressful lives.

He teaches Loving-kindness, Mindfulness, & Insight meditation and their application in our everyday lives. He is a kind, wise, and gentle Teacher whose open and easygoing style is conducive to teaching meditation for all levels.

He believes his purpose is not only to teach Meditation but also "teaching people how to be happy."

*"I believe in change rather than tradition, particularly when dealing with our fast-paced American culture"*  
- Bhante Sujatha

Retreat Cost is \$388 if paid by July 4th. (The 1st 8 students to sign up will receive a free 20 minute aromatherapy reiki session with Cheryl on a heated therapeutic Biomat. Retreat cost will be \$425 if paid by August 1st and \$450 thereafter. **Please see Cheryl to make payment and to register. Call 702-592-1396 or E-mail [teachpeacenow@yahoo.com](mailto:teachpeacenow@yahoo.com).** The cost of the retreat will include tent camping on the property (there is a limited amount of campsites, in which case you would supply your own tent.) The Crystal Inn has generously offered a very affordable rate - \$65 year round (this can be a shared cost if double occupancy) to stay 9 miles away for overnight and arranged transportation back and forth. You can make your Crystal Inn reservations on your own, (ask for the Sage Hills rate.) Retreat cost will include Pranayam (breathwork) classes, Yoga Asana (posture) classes, Sutra (Philosophy) Classes, and Meditation Classes. A Special Singing Bowl Sound Healing Concert with Mandeep will also be included. All vegetarian meals will be included as well as snacks, water, and tea throughout the days. Retreat may also include some special surprises! This rejuvenating weekend will be an unforgettable experience in a very unique and healing place.

The Sage Hills property is sacred and special in part due to a Natural Phenomenon of a naturally magnetic Magnetite Fin that has a very deep vein throughout the property and is exposed in various places upwards to 10 feet above ground. This healing Magnetite is naturally grounding and calming. People claim to get the best sleep and rest of their lives while staying on this wonderful sanctuary.

Sage Hills Healing Center has a beautiful 4000 foot yoga studio. There is a labyrinth created with healing stones on the property for peaceful walks. In addition, there are 22 acres of sage covered rolling hills, that are available for exploring and simply enjoying the solitude and serenity, yet you are a mere 15 minutes from town, Shakespeare Festival, Brianhead ski resort, and centrally located within the Golden Circle of 6 beautiful National Parks - Zion, Bryce, Cedar Breaks, Snow Canyon, Kolob Canyon, and Grand Canyon.