



Press Release

**Yoga Beyond Belief**  
**Ganga White and Tracey Rich**  
Insights to Awaken and Deepen your Practice

**December 2<sup>nd</sup> – 8<sup>th</sup>, 2007**

*The awakening of insight and intelligence is the birthing of the yoga that is uniquely you.*

This retreat teaches how to adapt your yoga practice to the moment, your individual needs, and constant changes of living. It is designed as a comprehensive learning experience to move your practice and your insight into yoga to new levels. Yoga means "that which joins together". The context with which we view yoga (our philosophical and unconscious beliefs) has as much effect on our practice as the content (the practices, techniques, forms).

Learn to energize your practice and poses with subtle, inner awareness, aligning and adjusting asanas from within, using locks or bandhas, and balancing internal and external feedback. Sessions will be divided between asana-pranayama practice and an interactive inquiry to deepen and free your practice of yoga, and your life. Included are topics from Ganga's new book, *Yoga Beyond Belief*.

*... With humor and disarming honesty, Ganga explains the history and philosophy of yoga, and guides you with his own original and innovative approach to this ancient discipline. Yoga Beyond Belief is a unique, integrative approach to body, mind and spirit. It is practical, inspiring and full of valuable insights to enliven and inform the practice of both beginning and experienced students. -Andrew Weil, MD*

Ganga White is a pioneering and innovative teacher with forty years experience. He is co-founder of the renowned White Lotus Foundation Retreat in Santa Barbara, and author of *Double Yoga*, the first partner yoga book published in 1980, and his newly published book, *Yoga Beyond Belief- Insights to Awaken and Deepen Your Practice*. Ganga is also co-creator of the #1 best-selling *Total Yoga* videos.

Tracey Rich, co-director of the White Lotus Foundation Retreat, focuses her teaching of Vinyasa Yoga on freedom, creativity, refining subtle energies and breath. She is the creator of the international best-selling *Total Yoga* videos. A leading trainer of yoga teachers and students, Tracey works to inspire self-expression in each student, giving them tools to develop well being and awareness in their lives.

Kamalaya Koh Samui provides an inspirational setting for such a retreat. Its superb facilities are nestled amongst rocks, trees and nature, with breathtaking views of the sea and mountains. The Monk's Cave, which once served Buddhist monks as a place of meditative retreat, further



accentuates the special energy of this already stunning place. The cave is available for personal meditation practice or simply as a place to sit and reflect. The natural open-air, wood-floored Yoga Pavilion overlooks a pristine coastline. The Yantra Hall, designed with principles of sacred geometry, offers an ideal space for yoga, dance and other meetings and events.

Kamalaya's additional facilities, such as the Wellness Sanctuary and Holistic Spa, offer boundless opportunities to relax and enhance your well-being. The cuisine is healthy, varied and creative to support you on your retreat, and additional, optional classes are included with Kamalaya in-house instructors in practices such as chi gong, tai chi, meditation and spirit dance.

Prices for the retreat begin at 76,500 THB (approximately 2,095 US dollars) and include the following:

- Attendance to all retreat activities
- Accommodation for 6 nights
- Round trip airport transfer from Koh Samui Airport
- Wellness Orientation
- 2 Kamalaya meals per day, plus healthy snack (smoothies; juices; protein snacks; fruit)
- 1 treatment to choose from: • 1 x 90mins Traditional Thai massage • 1 x 60mins Vital Essence Oil massage • 1 x 60mins Traditional Asian Foot massage • 1 x 60mins Traditional Asian Hand massage
- 6 days Yoga Classes
- Use of Steam Cavern, Swimming Pool, Plunge Pools and Shakti Fitness Center
- Attendance to the scheduled holistic activities
- 10% Service Charge and 7% VAT

'Yoga Beyond Belief' is also open to day visitors at the rate of 52,200 THB (approx. USD 1,430) and includes the following:

- Wellness Orientation
- 2 Kamalaya meals per day, plus healthy snack
- 6 Yoga Classes
- 10% Service Charge and VAT