

SEPT 16 - 22 2012

# Return to Bimini Bliss

a celebration of life

WITH  
**GOPI KINNICUTT,  
KAREN SCORE  
& BETH MAUSERT**  
OF YOGA MANDALI



## 2012 Bimini Bliss Retreat | September 16<sup>th</sup> - 22<sup>nd</sup> 2012

Early bird pricing: **\$1595** | After June 15<sup>th</sup>: **\$1695**

Prices are for double occupancy.

**Limited to 20 participants—sign up now!**

A non-refundable \$500 deposit is required to reserve your space. Payment in full must be received by August 15<sup>th</sup>.

\* Does not include roundtrip flight from Ft. Lauderdale, FL to Bimini Island (\$295.00). Each participant is responsible for their own flight arrangements to/from Ft. Lauderdale Florida. Rooms may be upgraded to single occupancy or bay view for an additional fee.

Yoga Mandali means "Circle of Friends" and we believe that our circle includes all beings on this planet. **Join us as we return to beautiful Bimini Island to experience the healing lessons our special dolphin friends teach us about being true to ourselves, flowing with change, experiencing joy in each moment, the value of play and the cooperation it takes to live as a pod in unity.**

During this Blissful Bimini Week at the WildQuest Retreat, we will dive into ourselves, finding the flow in our lives just as it exists in nature. We will begin each day with a practice of power and grace with Gopi and then will spend our days connecting with the dolphins and enjoying the serenity of the sea. Our days will conclude with either a gentle restorative practice with Karen or a lively discussion on flowing with change based on the teachings of Ayurveda, the Bhagavad Gita or the Yoga Sutras...whatever suits our mood!

We will settle into the tranquility, peace and calm of this quiet island as we are surrounded by the love, wisdom and joy of the WildQuest Team who are the ultimate yogis! Our hosts, Amlas, Atmo and the rest of the team will share their knowledge, gained from years of connecting with these beautiful dolphins in the wild. They will provide us with delicious, healthy meals and will become our new and dear friends!

Our trip in 2011 was truly life changing—don't miss out on this chance to celebrate life in 2012!



**Gopi Kinnicutt** is an Experienced Registered yoga teacher with the Yoga Alliance (ERYT 500). She is the founder of Yoga Mandali in Saratoga Springs NY, she has been practicing yoga for more than ten years and has been teaching since 2002. Through her personal practice and experience, Gopi has developed her own unique teaching style. She takes her students into a dynamic multi-

dimensional flow, breaking through rigidity and stiffness; infusing her classes with penetrating mantras and breath work with an emphasis of yoga therapy to heal. She addresses individual's needs and limitations, creating a safe environment for her students, guiding them through physical, emotional and spiritual dimensions.



**Karen Score** began her yoga journey in 1999 as an effort to recover from a serious illness. She did, and along the way fell in love with the practice of yoga. She also came to realize the healing power that yoga truly has. Karen brings this awareness into her classes as she creates a nurturing atmosphere of acceptance and compassion.

Karen is a 200hr. Certified Yoga Instructor registered with the National Yoga Alliance. She received her 200 hr. training in Vinyasa Flow from Gopi Kinnicutt of Bhakti Yoga Fusion in 2006. She received Iyengar Certification from the Yoga Center of Seattle in 2005.



**Beth Mausert** is a RYT certified vinyasa yoga teacher registered with Yoga Alliance. She received her 200 hr. training from Gopi Kinnicutt of Sambandha Yoga. Beth came to yoga after a lifelong relationship to dance. She is a practitioner of kirtan in the tradition of Bhakti yoga.

Beth's classes are infused with joy, tranquility, humor and love. Through pranayama, asana and meditation, she encourages her students to embrace the transformative power of yoga, to unstick old patterns that are no longer serving them on their journey toward health and well-being and to arrive consciously into the present.



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yoga for EVERY body

For further information or to register for the retreat, please call **518.584.0807** or visit **www.yogamandali.com** and **www.wildquest.com**

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