

# SONORAN CHAKRA YOGA RETREAT

MARCH

15, 16, 17, 2019



*The Transformative  
Power of Chakra  
Yoga and Sound  
Healing*

## THE PROGRAM

Join us for a special weekend of renewal, combining chakra yoga and pure tone quartz crystal bowl vibration. This signature program was created by the mother-daughter team of sound pioneer Jovita Wallace and yoga instructor Morgana Wallace Cooper.

This powerful experience is promised to release, rebalance and expand your quantum body. Re-aligning the energy of the mind/body/spirit dimensions is necessary for a sense of wellbeing. The unique combination of chakra balancing and yoga will empower participants to achieve maximum results.

Special guest, Matthew Thomas, will offer soundscapes from his Geoscience sound collection.

Don't miss your chance to be a part of this exclusive event! Registration is limited to ten participants, which will allow for the creation of an intimate community of practice and provide greater access to the instructors.



Your three-day experience will be enhanced by the beauty and comfort of our new inn and conference center in the heart of the Sonoran Desert, surrounded by millions of acres of unspoiled open wilderness. The area is home to more than 1,000 species of plants and animals. Splendor abounds in breathtaking vistas and vibrant sunsets. It is a place of peace and solitude.

Ajo is a small town with a lot of fantastic chefs! Throughout the weekend we will feature nourishing interpretations of local Southwestern, Northern Mexican and Tohono O'odham Native American cuisine to further enhance your Sonoran Desert experience. Sunday lunch will feature a Chakra Buffet designed to stimulate and activate all seven chakras.



## THE PROGRAM

Your body is like an orchestra. Every player – every organ and bodily system – needs to vibrate at its highest frequency. This program is designed to strengthen, transform and align the energy fields - your chakra system. During our three core sessions, we will focus on the physical body, the transformational body and the causal body, or mind body spirit.

These comprehensive sessions have been created to educate and allow for open dialogue about the energy centers of the body. We will then apply this knowledge by practicing movement and experiencing sound vibration therapy in order to access, stimulate, and calm these energetic centers.

After 75 minutes of yoga, 20 minutes of crystal bowl sound healing will continue to move the energy flow to release unwanted information held on a cellular level and expand your subtle body energy field. Seven crystal bowls will be integrated into the three sessions. The sound vibration will go to exactly where it is needed.

In addition to these three core sessions, we will have an opening and closing session, and Saturday morning wake up yoga and meditation.



## CHAKRAS, OR ENERGY CENTERS, ARE GATEWAYS BETWEEN THE VARIOUS DIMENSIONS OF OUR BEING

Saturday evening a special musical performance by David Knight, of Sedona, at Bonzai Studio/Plaza – landscapes and musical space for meditation and healing.

**Free-time blocks** will give you a chance for rest and exploration, with options including:

- Private yoga sessions with Morgana
- Chakra Assessment with Jovita
- Massage, Polarity Balancing
- Shopping at local Ajo businesses and the Authentically Ajo Farmers Market
- Desert hikes
- Cultural / historical tours of Ajo, the New Cornelia copper mine, and town-wide art



### **YOGA SKILL LEVEL:**

PERFECT FOR THOSE NEW TO YOGA OR EXPERIENCED YOGIS LOOKING TO CONNECT THEIR PRACTICE WITH CHAKRA WORK AND MEDITATION.



## YOUR INSTRUCTORS

**JOVITA WALLACE,**  
**RAVEN WILDHORSE,** is the Founder/Director of Being In Balance Sound Wellness. As a consultant, educator, speaker, shamanic healer, psychic medium and artist, she brings to her work years of study and unique gifts. Over the past 22 years she has received much public attention about her work with sound and color vibration, bringing the healing nature of sound into mainstream.

Jovita has been filmed for Fox TV, “Good Day New York” and cable TV, “Alternatives,” and Channel 11 New York News. She has also been featured in *The New York Daily News*, *The New Jersey Star Ledger* and many other magazine publications. As a presenter at the Medical Spa Conference at the Jacob Javits Center, New York, NY, she introduced color illumination and pure tone therapy as the medicine of the 21st century.

Jovita has many programs available as well as certification courses and a private practice.

**MORGANA WALLACE COOPER** is a certified yoga instructor seasoned in Hatha, Vinyasa, and Restorative yoga. She has been practicing and teaching yoga for more than twelve years and is certified through Tiffany Cruikshank’s Yoga Medicine program. Morgana brings to her practice an educational background and work history in public school teaching and studio arts, as well as a Master’s Degree in Community Based Arts. She currently teaches multiple group and private yoga classes weekly in Ajo, AZ.

She is the owner of Bonzai Studio, a multi-use space for local and visiting practitioners and activity leaders offering diverse opportunities including yoga. Bonzai Studio opened as a place for the Ajo community to come together through fitness, health, arts, and education and is committed to serving the community in unique ways.



*Geoscience.* Matthew Thomas is a creator of meditative atmospheres and soundscapes that are drawn from the timeless desert landscapes that inspire him.



*“The combination of sound vibration and yoga left me invigorated. Learning more about the chakras and how to activate them was an invaluable tool.”.....2018 retreat participant*

## REGISTRATION FEE AND CONTACT INFORMATION

The \$475 retreat fee covers all meditation and yoga sessions and four meals from Friday dinner to Sunday lunch. Accommodations are an additional charge and not included. \*Early Bird Registration \$425. Register and pay the deposit by January 15th to receive this discounted fee.

This retreat is only open to ten attendees, so space is limited. Upon completion of the registration form we will call you to hold your spot with a \$100 registration fee, which will serve as your deposit. Payment in full is due upon arrival.

Individual services (massage treatments, polarity balancing, one-on-one yoga, chakra assessment consultations) will be paid directly to the practitioner.

**To register visit [EveMStudios.com](http://EveMStudios.com)** For questions contact: Jovita Wallace 928-919-6880  
email: [jovitabinb@yahoo.com](mailto:jovitabinb@yahoo.com) or Morgana Wallace Cooper 928-985-2083  
email: [emwcooper@gmail.com](mailto:emwcooper@gmail.com)

For overnight accommodations go to <http://www.sonorancc.com> or call 520-373-0804

Cancellation Policy: After February 15th you will be responsible for the full retreat fee.



## *Sonoran Desert Inn and Conference Center*

### Getting Here:

Directions from the main highway (AZ85): Turn on Lomita Ave. directly across from the Plaza between the two white churches. At the intersection in front of the Curley School turn on Vananda Ave. staying on the left side of the school, and then turn right onto Orilla Ave. The Inn and Conference Center is on your right with street parking in front.

\*Please note that GPS and Apple map directions may not be accurate for getting to the Center. We suggest using the above directions or Google Maps.



**"THE ROOMS WERE WHAT EVERY HOTEL ROOM SHOULD BE: BEAUTIFUL, COMFORTABLE, SPACIOUS, CLEVER, AND IMAGINATIVE."**

**- CLIFF, PORTLAND, OR**

