



# the wild self

## yoga quest-a day retreat

journey into the **mystery** of your wild origins...

no office... no cell phones... no watches...  
no comfortable office chairs... no television  
re-runs... no boredom... no distress...  
no facebook updates... no late-night email  
checks... just **movement** and a **willingness** to  
be moved...

combining **yoga** with **tribal drumming** and  
**primal meditation**, in a natural environment,  
you will not only deepen and broaden your  
yoga practice, you will also come into deeper  
contact with the self that longs to  
**feel alive**, everyday...

you will learn how to **fuse nature** and **body** as  
sources of creative insight and discover  
how play and child-like curiosity evokes your  
'wild self'...

there will be time to spend **alone in nature**,  
time to listen deeply within, time to  
**be together** as a group, and time to share  
stories in community...

whether you're a novice to yoga or have many  
years of experience, the 'wild self' yoga quest  
will give you a unique foundation for self-  
discovery and **personal transformation**...

Saturday, October 23rd, 2010  
8 am - 4 pm in Marin County, CA

Early Registration before 9/15:  
\$125 per person

Regular Registration 9/16:  
\$150 per person

To Register:  
Call 1.888.466.4820 or email  
lightandright@thewildself.com or  
allison@allisonhodgeyoga.com

Tuition includes a post quest,  
one-on-one phone coaching session  
in support of integrating the wild self  
yoga quest into your daily life.

### meet your personal guides



gino dante borges, ph.d. is the founder of the wild  
self... a cutting-edge wellness company that helps  
people feel light and right through the creative  
interaction of body, nature, and expressive arts.... he  
divides his time between san francisco and the high  
desert of northern nevada... [www.thewildself.com](http://www.thewildself.com)



allison hodge teaches vinyasa yoga classes at  
international orange in san francisco as well as  
private and group instructions throughout the city...  
harmonizing a challenging flow class with yoga  
philosophy, breath and alignment awareness, and a  
light-hearted approach... she encourages students  
to discover their authentic self as a means for  
attaining inner peace.... [www.allisonhodgeyoga.com](http://www.allisonhodgeyoga.com)