

# YogaiaPeace Ceremony at Enchanted Rock

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**Join Merritt Swenson &  
Grammy® award nominated Gentle Thunder for**

*A sacred gathering of beauty, breath, music, movement &  
giving thanks on...*

**Sunday, November 21, 2010 (full moon)**

**1:00 - 3:30 p.m.**

**There is no charge for this event**

Love offerings will be accepted for San Antonio food bank and Gentle Thunder.

Enchanted Rock, located just outside of Fredericksburg, is said to be the Southern point of the traditional Native American medicine wheel in North America. A perfect place to gather in the ritual of gentle *YogaiaPeace* Yoga and the music and guidance of Gentle Thunder's native flutes and medicine wheel ceremony honoring the 4 daughters of beauty: Fire, Water, Earth & Air.



**Please arrive on time or early ☺**

Bring your own lunch to gather at 12 p.m. or come fed  
**Ceremony will take place from 1:00-3:30 p.m.**

There will be ample time after the ceremony to enjoy hiking and quiet intimacy with earth, sky, and heart. Some may want to stay until sunset to watch the full moon rise

Children who can sit quietly in a 2 ½ hr ceremony are welcome. Please use discernment.

Questions and info: (210) 820-3616

**Scroll down for more details:**



**Merritt Swenson**, founder of *YogaiaPeace*, has been a yoga practitioner since 1985. Registered with Yoga alliance, she also holds numerous certifications in body work and other healing modalities. *YogaiaPeace* yoga is a gentle, yet powerful, healing, yoga whose mission is to contribute to world peace by offering the experience of embodying peace. If you can breathe, you can be touched by this special work. Of all her studies she considers nature, the night sky and the path of Bhakti yoga to be amongst her greatest of teachers. In addition to teaching, she has a private healing practice in San Antonio. For additional information visit:  
[www.YogaiaPeace.com](http://www.YogaiaPeace.com)



**Gentle Thunder** is a Grammy® award nominated multi-instrumentalist, recording artist, composer, producer, teacher and visionary and makes her home in Mt. Shasta, CA. She carries the magic of the Mountain wherever she travels. Join her for a brief medicine wheel teaching calling upon the four elements Fire, Water, Earth and Air. Deepen your own spirit connection to the Wheel of Life, Mother Earth and your authentic self as she reflects your magnificence and the natural world while playing several Native American flutes at Enchanted Rock during this special full moon Thanksgiving event. For additional information visit:  
[www.GentleThunder.com](http://www.GentleThunder.com)

**Scroll down for IMPORTANT details:**

**What to bring:**

lunch and snacks  
yoga blanket and/or matt  
pillow or backjack chair to sit comfortably  
journal  
water bottle  
hiking shoes  
flashlight  
a flower and a small piece of fruit for the ceremonial alter  
an open mind and open heart

**What to wear:**

loose comfortable clothing for gentle movement  
layers for changing weather ~if you hike up the rock, it can be cool and windy  
hiking shoes

**Where to park:**

There is separate parking at the private pavilion reserved for our group. You don't have to hike in. The pavilion is covered and has electricity and bathroom facilities.

**Ceremony Location:** Special reserved pavilion at Enchanted Rock

**Directions:** Enchanted Rock is located just outside of Fredericksburg.

From Fredericksburg, going west on main street, go though town and turn right on Milam Road. There will be a sign for Enchanted Rock.

Stay on this road approximately 22 miles. You will see the rock and the entrance on the left. Drive to the entrance gate. **There is an entrance fee of \$6 per person.**

Park Ranger will direct you to the reserved private pavilion where we will gather.

**R.S.V.P:** We would love to know if you plan on joining us, [yogaia22@aol.com](mailto:yogaia22@aol.com) or call (210) 820-3616.

**Questions:**For any additional questions or in the event of inclement weather, call (210) 820-3616.

