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FOR IMMEDIATE RELEASE

**Yoga, Meditation and Visualization Evening Event** is an amazing opportunity to discover the benefits and health alternatives using the gentle hatha style yoga. This sampler is perfect for beginners who want to understand the basics of yoga and meditation. Our evening event begins with yoga and finishes with instruction and guided meditations. The meditation style is great for busy mind – we teach a style that actively engages the mind – lovingkindness meditation or “metta”. We will also introduce several visualization techniques.

We encourage the community to come and discover how great yoga will make you feel, how to de-stress from life’s busy day to day activities and allow time for self-renewal and rejuvenation.

The yoga/meditation teacher is Mary Grace Naughton who has been studying and practicing yoga and meditation since 1987. Mary Grace also teaches classes in mindfulness, meditation, and yoga at Miraval Resort.

To register, contact Sol Journeys at (520) 795 - 0035 or email [info@soljourneys.com](mailto:info@soljourneys.com) for more information. Applications may be downloaded from the Sol Journeys Website, [www.soljourneys.com](http://www.soljourneys.com)

Sol Journeys offers life-enriching experiences through epic journeys, travel journeys and retreat journeys. The company’s approach is to integrate the outer travel experience with a look inward - at how people can live more fulfilling lives. Epic and travel journeys include hiking, kayaking, backpacking and bicycling opportunities. **Transformational Experiences are the cornerstone of Sol Journeys adventure and retreat vacations.**

2007 Journeys include: Radical Self-Care Retreats, Women’s Surf Camp in San Diego, Santa Fe & Taos Retreat Travel Journey, Hiking & Yoga trips, Backpacking Trips in Northern Arizona and Utah, and Kayaking in Sonora Mexico.

While traveling in locations selected for their natural beauty, Sol Journeys’ guiding philosophy is to provide experiences that explore the possibility of who we can be. The journeys combine the elements of fun, relaxation, delicious food, great lodging, yoga and massage with inspired guides.