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For more info or to register:

Call: 314.368.2361 or 636.281.8188

Visit: www.HaVuYoga.com

More?: angela@havuyoga.com
tara@mylifecoachtara.com

Return: Form & a check for \$350.

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**Bear's Den Retreat &
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St. James, MO

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HaVu' Yoga



Love Ships
Weekend Yoga
Retreat



March 23-25, 2007

Tara S. Dickherber, M.Ed., L.P.C. Certified Professional Coach

Tara received her Bachelor of Science in psychology from William Woods University. While achieving her Masters of Education in Counseling at the University of Missouri, St. Louis, she worked as a part-time therapist at a local children's home counseling adolescents with behavioral disorders.

She received her license as a Professional Counselor while working at an out-patient, community-based psychiatric center in St. Louis. There she assisted severely mentally ill adults in living as independently as possible. She also facilitated group counseling in a partial hospital program in the St. Charles County area to seniors dealing with mental illness.

Tara received her Masters of Education in General Counseling at the University of Missouri, St. Louis. She has worked as a therapist for over 10 years. Throughout her career in counseling, Tara has developed the ability to help clients work from a positive place of success towards personal empowerment. Tara has also utilized yoga as a skill for herself and others as a way to maintain personal balance, stress reduction and life satisfaction. These talents are what many life coaches use as a way to guide their coachees towards personal greatness.



With her love for yoga and passion for coaching, Tara has combined her counseling dynamic life coaching for you! Working with Tara, you can seek better balance and achieve goals you've only dreamed of.

Love-Ships is not about boats, but like a boat, you'll discover how to find balance, how to stay afloat and from that... how to exist in harmony within our 'self' so, we can steer a healthy course in all of our ships. 'Love Ships' is about relationships... self-ship, parent-ship, child-ship, friend-ship, partner-ship, lover-ship, career-ship, all of our ships....

Love-Ships Weekend Retreat is an opportunity to get away and fully immerse yourself in You. The peaceful surroundings will help ease your mind & body and allow you to grow.

Begins: Friday, March 23, 7:00pm.
Ends: Sunday, March 25, 12:00noon
Cost: \$350

EVERYTHING Included: Accommodations, meals, materials, focus discussions, targeted individual & group exercises, yoga practice and guided meditations are all included in the course fee.

Space is limited to 14 people.

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LoveShips is a self voyage through the oceans of relationships in your life.

Discover You.

Embrace the Gifts of  
Family & Career.

Explore the People You Choose.  
Revive the You Lost in Caregiving.

## Angela Bilkey, RYT

Angela is the founder of Ha Vu' Yoga. She first discovered yoga as a little girl taking dance lessons (although her teacher didn't call it yoga).



Throughout the years, Angela returned to yoga often and it 'stuck' after her children were born. Not long after that, she began teaching, says she just couldn't help herself! Angela believes she is blessed to be surrounded by so many amazing people and her teaching style reflects their influence. "It's a beautiful thing to see students discover who they are in the moment of their practice - and embrace it... it's comforting and humbling." Now she's the teacher and Angela DOES call it YOGA!

Angela trains with Brian Dorfman, Barbara Benaugh, Angela Farmer and Gurmukh Kaur Khalsa. She also participates in workshops & seminars with Sean Corne, Gary Kraftsow, Sarah Powers, Rod Stryker and Duncan Wong.

In the community, Angela believes in the power of yoga and the power of Self when we do yoga. Exploring ways to communicate this remarkable gift to others - to help them find healing in every aspect of themselves - has become her loving life's pursuit. "If our voices touch the lives of our students and family and friends... and if our collective voices touch the lives of everyone around us... and so on and so on.... suddenly, we've started a windfall of positivity, a resonance in the collective souls of our community - we've found & shared true loving-kindness (metta)."