

Reach New Heights!

with Hiking and Kundalini Meditation

in Temescal Canyon

(Santa Monica Mountains)

Sunday, May 1st, 7AM-9:30AM



Experience the Beauty of the Santa Monica Mountains on this moderate 3.5 mile loop in scenic Temescal Canyon, one of L.A.'s most breath-taking hiking excursions. Commune with nature and make new friends as we stroll along a dazzling riverbed, diverse terrain, quaint waterfall, and a spectacular panoramic view at the top!

We will meet at the entrance (next to the nature store) at 7AM sharp. From there, we will begin our hike with a gradual incline, hiking at your own pace. We will meet at the peak where the group will be guided into some stretch poses before relaxing into meditation. The stretching exercise and guided meditation is about 30 minutes long. We will sit at the top of the mountain

so you may consider bringing a bandana or small towel to sit on. Following the meditation, hikers will go down the mountain at their own pace. We will return to the parking lot at approximately 9-9:30am.

Directions: 10W to PCH, Continue on PCH for about 2 miles, Turn right on Temescal Canyon, Drive all the way down and park along the curb before crossing Sunset Blvd -or- Cross Sunset Blvd. and park in the furthest parking lot next to the canyon entrance and store. **Caravan:** For those who want to caravan to Temescal Canyon, we will meet in front of the Center for the Arts in Eagle Rock (on Eagle Rock Blvd/Colorado Blvd). We will leave promptly at **6:20am** and arrive at the park at 7am.

What to bring/wear: Pants are preferred, hiking boots or trail running shoes, warm socks. water to drink, sun-block, and a hat. Light sweater is optional.

Cost - \$10 per person.

(No one turned away for lack of funds. Give what you can.)

About the Guide/Teacher - Sat Akal (Liza Camba) is a healer, visionary artist, and yogini. She has been hiking the Temescal Canyon trail for the past 9 years and is excited to connect and share the magic of meditation and nature.

RSVP is strongly encouraged so we can have an accurate headcount, but all are welcome either way. All questions can be directed to Sat Akal at 626-869-6422 or vision_peace@yahoo.com. More info: www.lizacambayogini.wordpress.com

