

Yoga and Ayurveda Retreat

On the beautiful shores of Lake Michigan



With Marti Jeffs & Cynthia Hoss
Certified Kripalu Yoga Teachers

Oct. 1-3, 2010

\$320 or \$345 after Sept. 3



Marti and Cynthia continue to study Ayurvedic health principles and will offer tips for balance and radiant health in the fall season. Yoga sessions will include Kripalu flow, Yin Yoga and Restorative Yoga all focusing on deepening awareness, creating greater flexibility and removing toxins from the body. Meditation and pranayama are used throughout the practices to quiet the mind and rejuvenate the body. Experienced yogis and beginners will enjoy this opportunity to listen within.

Enjoy the great northern woods and lake shores at this annual fall yoga get-away weekend! Nestled between expansive pristine beaches of Lake Michigan and the quiet solitude of Lower Herring Lake, is Watervale Resort. Explore the beaches, bluffs and wooded trails. This Up North wonderland offers exhilarating outdoor adventures and Watervale Inn provides beautiful accommodations and yoga space. Retreat indeed!

Breathe Relax Feel
Watch Allow

Weekend includes:

- 2 Nights Lodging
- 2 Full Breakfasts, 1 Lunch, 2 Fabulous Dinners
- 4 Yoga Sessions
- Touch for Health Balances/Ayurvedic Consultation available for additional \$65

Check out Watervale's website: www.watervaleinn.com



Cynthia (269) 352.7323 or cynthia@awakeandaware.net
Marti (231) 838.5171 or marti.jeffs@yahoo.com

Make checks payable and mail registrations to: Marti Jeffs, 1567 Grace Rd. Frankfort, MI 49635

\$320 before Sept. 3

\$345 after Sept. 3

Phone:

Name:

email:

Address:

Yoga experience, if any.

Add \$65 for private session (optional)