

# Yoga and Ayurveda Retreat

On the beautiful shores of Lake Michigan



With Marti Jeffs & Cynthia Hoss  
Certified Kripalu Yoga Teachers

May 7 - 9, 2010

\$320 or \$345 after April 9



**Enjoy the great northern woods and lake shores at this 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!

Marti and Cynthia will integrate dynamic use of asana, pranayama, and meditation throughout this weekend retreat to nourish and restore balance to the body, mind and soul. Ayurvedic principles will be discussed as they relate to the spring season. Experienced yogis and beginners will enjoy this opportunity to listen within:

Breathe      Relax      Feel  
Watch      Allow

Weekend includes:

- 2 Nights Lodging
- 2 Full Breakfasts, 1 Lunch, 2 Fabulous Dinners
- 4 Yoga Sessions
- Massages Available for Additional Fee of \$65



Check out Watervale's website: [www.watervaleinn.com](http://www.watervaleinn.com)

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

Make checks payable and mail registrations to: Marti Jeffs, 1567 Grace Rd. Frankfort, MI 49635		
\$320 before April 9	\$345 after April 9	Phone:
Name:	email:	
Address:		
Yoga experience, if any.		<input type="checkbox"/> Include additional \$65 for 1 hour massage (optional)