

Embrace The Fall Re-Treat ~ With Thanks and Giving

YOGA FROM THE INSIDE OUT - WITH SUE HOLLINGSHEAD

WHERE: GOLD LAKE MOUNTAIN RESORT AND SPA, WARD, COLORADO

DATE: SATURDAY & SUNDAY, NOVEMBER 15 - 16, 2008

Flow through this crisp, cool, clear Fall time of year in remembrance of the Fall Harvest ... may you offer yourself and loved ones this time to pause and re-TREAT with thanks and giving!

All levels of experience welcome as well as all ages from 11 to 111!

-RE-TREAT BEGINS AT 3:00 PM ON SATURDAY WITH INTENTION SETTING AND A HEART OPENING YOGA SESSION, HIKE, SOAKING, AND A SELF-ARRANGED OPTIONAL DINNER, OVERNIGHT STAY AND STAR GAZING IN THE POOLS

Arrive at 2:30 for check-in for a Saturday overnight - We can group up in cabins, (call Sue if you need a roommate or for more details), or you can reserve your own cabin.

-RE-TREAT BEGINS AT 10:00 AM ON SUNDAY WITH 2 YOGA SESSIONS, HIKE, LUNCH AND SOAKING ENDING AT 4:30

DESCRIPTION: BOTH RETREAT DAYS INCLUDE YOGA, SOAKING IN POOLS, HIKING, SUNDAY LUNCH, SURPRISES TIME TO CANOE, SPA, HORSEBACK RIDE, JOURNAL, ETC. OPTIONAL OVERNIGHT STAY ON SAT ADDS AN ULTRA-COMFY NIGHT IN CABINS, DINNER AND BREAKFAST. THE SCRUMPTIOUS FOOD IS GLORIOUS & CAREFULLY PREPARED (TO PRACTICE MINDFUL EATING). ALL OF THE FOOD IS LOVINGLY CREATED BY ALICE'S RESTAURANT.

Anyone who has eaten at Alice's restaurant knows the food is superior.

RESERVE SPACE FOR YOURSELF, A LOVED ONE AND/OR A FRIEND. BRING YOUR PRE-TEEN/TEEN!

COST: \$45 FOR SAT, \$116 FOR SUN. DOES NOT INCLUDE LODGING. LODGING IS \$169 PER PERSON (BASED ON 3 PER CABIN - CABINS ARE LARGE, THEY CAN SLEEP MORE THAN 3, INCLUDES MEALS, TAX & TIP). IF YOU STAY OVERNIGHT - YOGA FOR SAT AND SUN IS \$133. *Family pricing - 2 or more will receive 5% discount, so bring family members. Register before Halloween, save 5%, and donate to your favorite presidential candidate.*

RESERVATIONS: DEPOSIT OF \$50 DUE BY ELECTION DAY. FINAL PAYMENT DUE BY 11/11/08. NONREFUNDABLE FEE OF \$30 FOR CANCELLATIONS AFTER 11/11/08. SEND PAYMENT TO: 1484 GREENBRIAR, BOULDER, 80305 PLEASE RSVP TO SUE HOLLINGSHEAD VIA E-MAIL: SUE@YOGAWITHATWIST.NET OR CALL 303.817.2878

WHAT TO BRING: YOGA PROPS IF YOU HAVE THEM, OTHERWISE SUE WILL SUPPLY THEM, A JOURNAL, AND YOUR FAVORITE SELF ... *U with an open heart to play from the inside out.*

USEFUL LINKS: VISIT GOLD LAKE'S WEBSITE FOR MORE DETAILS ON RE-TREAT LOCATION & AMENITIES THAT THEY OFFER SUCH AS SPA TREATMENTS AND HEALING THERAPY POOLS: WWW.GOLDLAKE.COM VISIT SUE'S WEBSITE TO GET MORE INFORMATION ABOUT SUE HOLLINGSHEAD: YOGAWITHATWIST.NET

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