

Gold Lake Spring Retreat
Spring Special ... Super Great Savings!
May 16 – 17, 2009
Saturday 10:30AM until Sunday 1PM

\$200 total (incl. Tax and Tip!)

- **All inclusive**
- **3 decadent and delicious meals**
- **Overnight stay in the ultra comfy cabins**
- **Full use of grounds and soaking in the hot pools overlooking the lake**
- **Yoga, yoga, meditation, hiking, yoga, massage, yoga, surprises, fun, yoga, community time and an all together amazing experience**
- **Must have minimum of 10 people, so bring friends and family**

*** Day retreat is also possible yet it is almost more worthwhile to come and stay overnight and leave as you need to the next morning. Talk to me if this is the case and we'll see what we can do for pricing.

* Day retreat cost \$125 includes the pools, \$90 without.

Call or email Sue Hollingshead as this is a go!!!

sue@yogawithatwist.net

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Check out the Gold Lake website:

www.goldlake.com