

# Gold Lake

*Presents...*

## Staycation Yoga Retreat with Sue Hollingshead and friends

**Sept 13th Sunday, 10-5**



Bathe in the conscious delights of the completion of Summertime, flowing into the radiance of Fall. As we make our way into the transitional time of year we will welcome it with deep awareness and fondness both internally and externally. You can express yourself through writing and/or drawing in your journal.

### **The day retreat includes:**

Two sessions of rejuvenating and nurturing yoga.

Scrumptious, delectable lunch.

Embracing the luscious outdoors, imbibing it's beauty by soaking in the hot pools, hiking, and leisure time.

Please bring: Your mat if you have one, otherwise we'll provide it, a bathing suit (optional), a light jacket, hiking shoes, your journal and a pen, and your lovely self.

**Price:** \$79 or \$72 each for couples

Contact Gold Lake to register: 303-459-3544 or email [reservations@GoldLake.com](mailto:reservations@GoldLake.com)