



Gold Lake

Presents

Gratitude and Abundance Fall Retreat

with Sue Hollingshead

November 14, 2009 - 1-6 PM (dinner to follow)
November 15, 2009 - 9 AM-3 PM

*Bathe fully in remembrance for all the abundance we
have in our lives!*

During this retreat we will pause and create a rich awareness of the practices of yoga, meditation, being in mother nature, soaking in lakeside hot pools, time together, time alone and more surprises. By creating this precious consciousness collectively, we deepen our appreciation for even the smallest, ordinary things in our lives.

Refresh, rejuvenate and rejoice in the ritual of a lovely, playful, heart-opening Re-Treat!

Pricing for the retreat:

Full Weekend: \$235—includes one night shared lodging, grounds, 3 meals & workshop

Saturday Only: \$105—includes dinner, grounds & workshop

Sunday Only: \$95—includes lunch, grounds & workshop

For more information, please visit:
www.yogawithatwist.net or
sue@yogawithatwist.net

Register online at: www.goldlake.com

