

Spring 2006 Yo-Nia Retreat In Glenwood Springs

The spring Yo-Nia retreat will be a memorable two-night, three-day journey to Glenwood Springs, Colorado with Kendra Espinoza & Sue Hollingshead. We'll do a blend of Yoga and Nia in our workshop hours; we'll swim & relax, connect with other participants, & rejuvenate our bodies, minds and spirits in our days and nights together.

The Setting

Our retreat takes place this year at the historic Hotel Colorado overlooking the Glenwood Hot Springs pool and in close proximity to the Yampah vapor caves. Book a massage or a spa service, experience an optional water yoga session with Sue during break time, stroll around town on Saturday afternoon...

Your Teachers

Kendra Espinoza is a Certified Black Belt Nia instructor who has been teaching Nia in Colorado for 9 years. She brings to her Nia practice a deep passion for helping others connect to unrealized parts of themselves through music and movement.

Sue Hollingshead is a Certified Anusara Yoga teacher. She has been dedicated to Yoga since 1990, and her Anusara practice continues to open her body, mind and spirit to her inner divinity. Go to yogawithatwist.net for more information on Sue and her yoga practice.

Retreat Prices:

- Double occupancy room: \$335
- Triple occupancy: \$295
- Single occupancy: \$395

All of the above Includes room, all taxes + gratuities, Yo-Nia workshop fees, & pool passes to the Glenwood Hot Springs mineral pools for Friday night and all day Saturday.

~MEALS NOT INCLUDED~

*Yo-Nia only, no lodging: **\$160
(includes Friday night, Saturday & Sunday workshops)

Questions? Talk to Sue or Kendra about other options, prices for just all-day Saturday workshops, etc.

Kendra Espinoza: 303-304-2887
Sue Hollingshead 303-817-2878

Registration Form

**A \$100 deposit will hold your space in the retreat.
Balance is due two weeks before the retreat begins.**

Name: _____

Address: _____

Email: _____

Telephone: _____

Cell phone and/or Work Phone: _____

Amount Paid: _____

Three ways to register:

- **Mail this form with your check or money order to:
Kendra Espinoza, 1272 Lambert Circle, Lafayette, CO 80026**
- **Call Kendra and register by phone: 303-304-2887**
- **Email your registration information to: kendra227@aol.com**

Cancellation Policy: 30 days prior to retreat: \$75.00 cancellation fee. Any cancellations within 14 days of the retreat: \$200 cancellation fee. For all of the above cancellations, if your spot is filled, you will be given a full refund. All cancellation fees can be applied toward future retreats.