

# Embrace the New Year w/ Yoga at its Finest

— FROM THE INSIDE OUT! —

**DATE:** JANUARY 10TH-11TH (1/10-1/11) 2007

*The study of numerology shows that the number 1 is all about new beginnings, and 3 is a VERY, very, powerful triadic number, thus the dates of this re-treat are truly auspicious.*

*In fact, I have a treat planned that has to do with this area of numerology & Feng Shui.*

-RE-TREAT BEGINS AT 4:00 PM ON WEDNESDAY WITH AFTERNOON YOGA AND INTENTION SETTING.

*Arrive at 3:00 or thereabouts if you would like to check-in first.*

-RE-TREAT ENDS ABOUT 2:30 PM ON THURSDAY. *In time for you to get your kids from school.*

**DESCRIPTION:** HAVING JUST ENJOYED YOUR HOLIDAYS, THESE TWO DAYS OFFER YOU THE OPPORTUNITY TO SET THE TONE FOR THE NEW YEAR. STRESS-FREE AND GROUNDED, LET US CELEBRATE THIS TIME TOGETHER AS A GIFT FOR YOURSELF AND OTHERS. ALL YOGA LEVELS ARE WELCOME. SO, IF YOU ARE A BEGINNER OR ADVANCED YOGI, YOU WILL BE NURTURED FORWARD AND MOVED DEEPER WITHIN. THE RETREAT WILL INCLUDE 3 DIFFERENT YOGA PRACTICES, A GLORIOUS & CAREFULLY PREPARED SCRUMPTIOUS DINNER BUFFET, BREAKFAST (TO PRACTICE MINDFUL EATING), CONCLUDING WITH A SUBSTANTIAL SNACK. 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 YOUR SPACE FOR YOURSELF, A LOVED ONE AND/OR A FRIEND.

**COST:** \$295 FOR THE ENTIRE VALUABLE AND NURTURING RETREAT. THIS INCLUDES EVERYTHING! LODGING, 3 MEALS, 3 YOGA SESSIONS AND MANY SURPRISES!

*If we have 11 or more attendee's, the price will be reduced to \$280 so bring someone.*

**RESERVATIONS:** DEPOSIT OF \$150 DUE BY 12/15, FINAL PAYMENT DUE BY 1/5/07. NONREFUNDABLE DEPOSIT OF \$30 FOR CANCELLATIONS AFTER 1/7/07. SEND PAYMENT TO: 1484 GREENBRIAR BOULDER 80305 PLEASE RSVP TO SUE HOLLINGSHEAD VIA E-MAIL: [SUE@YOGAWITHATWIST.NET](mailto:SUE@YOGAWITHATWIST.NET)

WHAT TO BRING: YOUR YOGA PROPS IF YOU HAVE THEM, OTHERWISE I 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 THE WONDERFUL RE-TREAT LOCATION AND THE AMENITIES SUCH AS SPA TREATMENTS AND HEALING THERAPY POOLS THAT THEY OFFER: [WWW.GOLDLAKE.COM](http://WWW.GOLDLAKE.COM)

VISIT MY WEBSITE TO GET MORE INFORMATION ABOUT SUE HOLLINGSHEAD: [YOGAWITHATWIST.NET](http://YOGAWITHATWIST.NET)

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