

# Embrace the Spring Re-Treat w/Yoga at its Finest

— FROM THE INSIDE OUT! —

**DATE:** MAY 6TH-7TH (5/6-5/7) 2007

*Whether you are a parent bringing a well-deserved closure to the school year or you are simply one who is flowing through this budding, radiant, beautiful spring time of year...may you offer yourself and loved ones this time to pause and re-TREAT!*

-RE-TREAT BEGINS AT 1:00 PM ON SUNDAY WITH AFTERNOON YOGA AND INTENTION SETTING.

*Arrive at 3:00 for check-in, or come early for spa treatments.*

-RE-TREAT ENDS ABOUT 3:00 PM ON MONDAY. *In time for supper.*

**DESCRIPTION:** SUNDAY RETREAT INCLUDES 2 YOGA SESSIONS, SOAK IN POOL AND DINNER. TWO DAY RETREAT ADDS AN ULTRA-COMFY NIGHT IN CABINS, STAR GAZING IN THE POOLS, MORNING YOGA, MEDITATION, YOGIC HIKE IN SILENCE, BREAKFAST, AFTERNOON YOGA, LUNCH AND TIME TO CANOE, HIKE, SPA, SOAK, HORSEBACK RIDE, JOURNAL, ETC. 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 4 DIFFERENT YOGA PRACTICES, A GLORIOUS & CAREFULLY PREPARED SCRUMPTIOUS DINNER BUFFET, BREAKFAST (TO PRACTICE MINDFUL EATING), CONCLUDING WITH LUNCH. 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 SPACE FOR YOURSELF, A LOVED ONE AND/OR A FRIEND. BRING YOUR PRE-TEEN/TEEN!

**COST:** \$325 FOR THE FULL VALUABLE AND NURTURING RETREAT, \$120 SUNDAY ONLY. INCLUDES EVERYTHING! LODGING, 3 MEALS, 4 YOGA SESSIONS AND MANY SURPRISES! *Family pricing, 2 or more will receive 5% discount, so bring family members. Register before 4/12, Sunday \$110 and full retreat \$310!*

**RESERVATIONS:** DEPOSIT OF \$150 DUE BY 4/18, FINAL PAYMENT DUE BY 5/1/07. NONREFUNDABLE DEPOSIT OF \$30 FOR CANCELLATIONS AFTER 5/3/07. 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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