

Embrace the Fall Re-Treat w/Yoga at its Finest

— FROM THE INSIDE OUT! —

DATE: SUNDAY, OCTOBER 21ST 2007

Whether you are a parent bringing a new start to the school year or you are simply one who is flowing through this crisp, cool, clear fall time of year...may you offer yourself and loved ones this time to pause and re-TREAT!

-RE-TREAT BEGINS AT 9:30 AM ON SUNDAY WITH YOGA, HIKE IN SILENCE, LUNCH, YOGA AND SOAKING

Arrive at 9:00 for check-in, or come on Saturday evening for overnight - (Sue has reserved some cabins, please let her know if you'll be staying Saturday) - possible Saturday yoga session and soaking for sure!

-RE-TREAT ENDS AT 5:00 PM SUNDAY WITH A SELF-ARRANGED OPTION TO STAY OVERNIGHT FOR DINNER AND STAR GAZING IN THE POOLS, CHECKOUT ON MONDAY BY 11:00 AM.

DESCRIPTION: SUNDAY RETREAT INCLUDES 2 YOGA SESSIONS, SOAK IN POOL, HIKE IN SILENCE AND LUNCH. OPTIONAL OVERNIGHT STAY ON SAT OR SUN ADDS AN ULTRA-COMFY NIGHT IN CABINS, STAR GAZING IN THE POOLS, POSSIBLE YOGA ON SATURDAY AFTERNOON, 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 2 DIFFERENT YOGA PRACTICES, A HIKE IN SILENCE AND A GLORIOUS & CAREFULLY PREPARED SCRUMPTIOUS LUNCH BUFFET (TO PRACTICE MINDFUL EATING). 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: \$111 FOR THE FULL VALUABLE AND NURTURING RETREAT. DOES NOT INCLUDE LODGING. INCLUDES 1 MEAL, 2 YOGA SESSIONS AND MANY SURPRISES! *Family pricing, 2 or more will receive 5% discount, so bring family members. Register before 9/23, \$101!*

RESERVATIONS: DEPOSIT OF \$50 DUE BY 10/1, FINAL PAYMENT DUE BY 10/11/07. NONREFUNDABLE FEE OF \$30 FOR CANCELLATIONS AFTER 10/18/07. SEND PAYMENT TO: 1484 GREENBRIAR BOULDER 80305 PLEASE RSVP TO SUE HOLLINGSHEAD VIA E-MAIL: 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 RE-TREAT LOCATION AND AMENITIES SUCH AS SPA TREATMENTS AND HEALING THERAPY POOLS THAT THEY OFFER: WWW.GOLDLAKE.COM VISIT MY WEBSITE TO GET MORE INFORMATION ABOUT SUE HOLLINGSHEAD: YOGAWITHATWIST.NET

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