

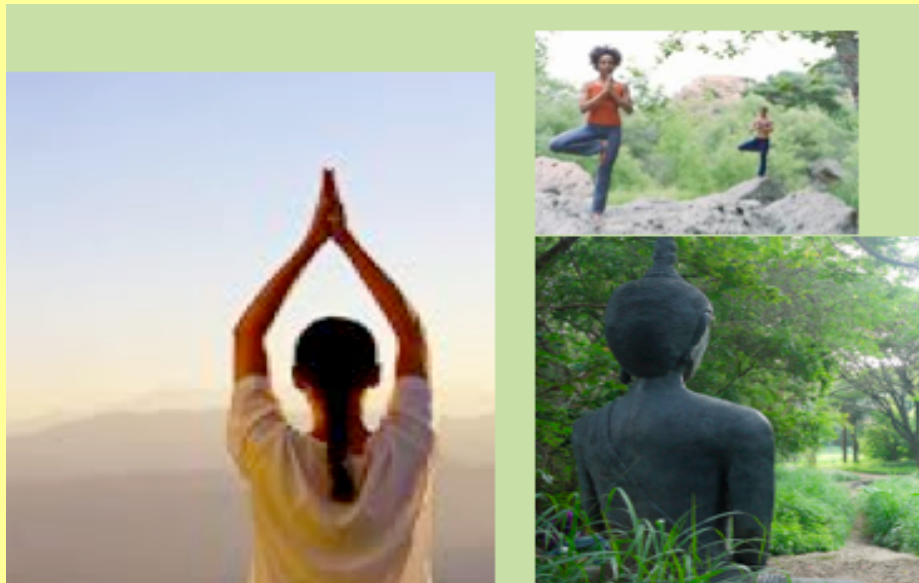


MINDFUL MEDITATION AND LIVING RETREAT

FRIDAY OCTOBER 20TH – SUNDAY OCTOBER 22ND

LAKE HURON RETREAT CENTER

*Feed and nurture your body, mind and soul with this mindful meditation & living retreat.
Allow yourself to incorporate quiet reflection & personal growth.*



Take time to step away from your busy life and to retreat. Embrace this opportunity to strengthen your practice and allow yourself to connect with that peaceful rhythm that lies within.

This retreat includes:

- Two nights accommodations • Healthy vegetarian meals • Personal time to retreat •
- Guided meditation and yoga classes suitable for all levels •

4 – 6 Occupants per room \$ 245.00 per person

2 – 3 Occupants per room \$ 275.00

Single Rooms are \$350.00 and limited

All accommodations have private bathrooms.

See detailed itinerary for cancellation policy.

For a detailed itinerary, or to register online visit our website:
www.bodhiseedyoga.com/workshops/ or www.balayoga.com

Presented by

BODHI SEED YOGA & WELLNESS
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