

AWAKE AND AWARE

Spring Awakening YOGA RETREAT

~ Self Care Practices for Body/Mind Rejuvenation ~

with Cynthia Hoss – Certified Kripalu Yoga Teacher and Phoenix Rising Yoga Therapist
Judy Huxmann – Certified Massage Therapist, Certified Yoga Teacher, Lymphatic Drainage Therapist
& Sharon Betzler, Certified Massage Therapist



@ GILCHRIST RETREAT CENTER 56265 Day Rd., Three Rivers, MI

May 14-16, 2010

Beginning Friday 5:30 pm – Ending Sunday 3:00pm

Cost: \$350; preregistration by April 10/ \$325

Join us for discussion and experience of body/mind purification practices and their benefits to our entire being. We honor that each individual is uniquely different. This all inclusive weekend retreat is intended to enrich our understanding of self care practices, and to provide you with a simple, practical spring cleaning program that will awaken the seeds of renewal.

Weekend Includes: Private cabin accommodations for one or two people with full bath, **Conscious Eating** delicious healthy, organic foods prepared raw and lightly cooked. **Yoga Purification Practices** (asana, pranayama, meditation, neti, restorative, and yoga nidra), a **Neuro Lymphatic Massage**, and an **Herbal detox soak**. As always there will be ample free time for enjoying the labyrinth and nature walks, journaling, silence, and reflection. **Lymphatic Massage Therapy** available and payable along with early registration by April 10.

Confirmation and directions will be sent upon receiving registration. Mail registration form along with check payable to AWAKE AND AWARE by April 10, 2009 to 3331 Greenleaf Blvd., Kalamazoo, MI 49008. Contact Cynthia at 269-352-7323.

Name _____ Phone _____

Address _____

City/ State/ Zip _____

Email _____ Emergency contact / phone # _____

_____ \$35 Sign me up - 1/2 hour Lymphatic Massage Therapy.