



*Early Bird Information*

*Namaste* Yoga Center

Fall Retreat ~ Oct. 23-26, 2008

## ***In the Heart of Being***

Plan now!

Retreat at Villa Maria Catholic Life Center  
Springfield, Illinois

Begins with dinner Thursday evening and ends with lunch on Sunday.  
Early bird price (add \$25 after September 15)

**\$350 for double room**  
**\$450 for single room**

Meals are vegetarian (some fish)

Satsung, meditation, body sensing, asana, pranayama, Yoga Nidra  
Social silence held.

Yoga students of all levels are welcome.  
Partial scholarships are available upon request.

[www.namasteyoga.com](http://www.namasteyoga.com)

