



Early Bird Information

Namaste Yoga Center

Fall Retreat ~ Oct. 29–Nov. 1, 2009

The Ease 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 30)

\$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

