

Julie Lusk's Yoga Slumber Party ~ July 28-29



Get ready! You are warmly invited to join a gathering of women who are coming together for friendship, relaxation and renewal. Your body, mind and heart will be nurtured through and through. We will sample yoga and other mind/body practices to uncover your inner resources of peace, strength, and joyfulness.

As always, Julie Lusk will guide us with delicious yoga and refreshing relaxation time. Your body, mind and spirit will be replenished with joyful energy. Free time will be available for talking, walking, napping, reading, friendships, and personal enrichment. We will laugh, share, and enjoy the beautiful atmosphere.

SO, please clear your calendar. Register now to save your spot.

- We will...**
- Play like kids and love like a grandmother**
 - Enjoy yoga and meditation to the fullest (experience is not needed)**
 - Explore the chakras through yoga mudras (yoga postures focusing on the hands)**
 - Gain wisdom from the labyrinth**
 - Laugh, share and enjoy time with friendly people**
 - Free time!**

Where: Our yoga sleepover is at the Jesuit Spiritual Center, situated on 37 magnificent acres along the Little Miami River, 17 miles east of Cincinnati in Milford. You get your own private room and sink.

When: July 28-29. Arrive between 12 noon and 1 pm on Saturday. We'll start at 1 pm and wrap up around 3:00 pm on Sunday. More details will be shared upon registration on what to expect and what to bring.

Register Now: Don't wait. This fills up fast. It is only \$149 and includes 3 yummy meals, comfortable lodging, snacks, plus plenty of delightful yoga and special times. If needed, ask for a work-scholarship to cover part of the fee.

Name _____
Address _____ City _____ State _____ Zip _____
Phone () _____ Email _____

Since space is limited, please make your payment of \$149 as soon as you can. Cancellations and refunds will be honored until Aug. 5, less a \$25 service charge. No refunds after Aug. 5. Send to:

Julie Lusk - 5678 Willnean Dr. - Milford, OH 45150 * 513-576-6662 Julie@WholesomeResources.com