

Julie Lusk's Yoga Slumber Party ~ Jan. 30-31



You are warmly invited to join a gathering of women who are coming together for friendship, relaxation and renewal. Your body, mind and spirit will be replenished with joyful energy. As always, Julie Lusk will guide us with delicious yoga and refreshing relaxation time. We will laugh, share, and enjoy the beautiful surroundings and fireplace. It's the perfect time and place to escape the winter blahs.

We will...

- Play like kids**
- Love like grandmothers**
- Enjoy yoga and meditation to the fullest (experience is not needed)**
- 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: Jan. 30-31. Arrive between 12:00 – 12:45 pm on Saturday. We'll start at 1:00 pm and wrap up around 3:00 pm on Sunday. More details will be shared upon registration on what to expect and bring.

Register Now: Don't wait. This fills up fast. It is only \$139 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 \$139 as soon as you can. Cancellations and refunds will be honored until Jan. 20, less a \$25 service charge. No refunds after Jan. 21. Send to:

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