

# Julie Lusk's Yoga Slumber Party ~ Jan. 26-27, 2019



**You are warmly invited** to join a gathering of women 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...**

**Laugh, share and enjoy time with friendly people**

**Enjoy yoga and meditation to the fullest (experience is not needed)**

**Play like kids and love like crazy**

**Heartwarming surprises**

**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. The address is 5365 S. Milford Rd, Milford, OH, 45150. You get your own private room with sink.

**When:** Jan. 26-27. Arrive between 12:00 – 12:45 pm on Saturday. We'll start at 1:00 pm and wrap up around 3:30 pm on Sunday. More details will be shared after registration on what to expect and bring.

**Register Now:** Don't wait. It's on a first-come, first-serve basis and it fills fast. Only \$179 if payment is received by Jan 14 or \$199 if received after Jan 14. Add \$5 for special dietary needs. You get 3 yummy meals, comfortable lodging, snacks, plus plenty of delightful yoga and special times. **Look** for a welcome email a few weeks prior to the retreat for more details on everything. Two work-scholarships are available to cover part of the fee. Contact me if interested.

**Meals:** Three meals are provided. Special dietary requests must be made no later than 2 weeks prior to the retreat.

**Add \$5 extra to the registration fee for special dietary needs for special ingredients, etc. \$5 covers all options below.**

Check all that apply.  Vegetarian  Vegan  Gluten-Free  Dairy-free

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

Space is limited. Please make your payment as soon as possible. Cancellations and refunds will be honored until Jan 14, less a \$20 service fee. No refunds after Jan 14. Send registration and fee to:

**Julie Lusk \* 5678 Willnean Dr \* Milford, OH 45150 \* 513-248-9642 \* [Julie@WholesomeResources.com](mailto:Julie@WholesomeResources.com)**