

Julie Lusk's Yoga Slumber Party ~ August 10-11, 2019



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 enjoy yoga and other mindbody 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. This is our 35th biannual retreat!!!

We will...

- Laugh, share and enjoy time with friendly people**
- Enjoy yoga and meditation to the fullest (experience is not needed)**
- Gain wisdom from the labyrinth**
- Play like kids and fill our hearts with happiness**
- Free time!!!**

Where: Our yoga sleepover is at the Jesuit Spiritual Center, situated on 37 magnificent acres along the Little Miami River. The address is 5365 S. Milford Rd., Milford, OH 45150. You get your own private room and sink.

When: August 10-11, 2019. Come between 12 noon and 12:45 pm on Saturday. We start at 1 pm and end around 3:30 pm on Sunday. More details will be shared upon registration on what to expect and what to 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 July 26 or \$199 if received after July 26. 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 July 26, less a \$20 service fee. No refunds after July 26. Send registration and fee to:

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