

Julie Lusk's Yoga Slumber Party ~ Feb 1-2, 2020



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 kindred spirits**
- Enjoy yoga and meditation to the fullest (experience is not needed)**
- Play like kids and love like crazy**
- Heartwarming surprises**
- Free time!!!**

SO, please clear your calendar. **This is our 36th biannual retreat!!!** Register now to save your spot.

Where: Our yoga sleepover is at the Jesuit Spiritual Center, located 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: Feb 1-2. Arrive between 12:00 – 12:45 pm on Saturday. We'll start at 1:00 pm and wrap up around 2:30 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 18 or \$199 if received after Jan 18. Add \$5 for special dietary needs. You get 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 18, less a \$20 service fee. No refunds after Jan 18. Send registration and fee to:

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