

WINTER RETREAT

PRAKASA YOGA STUDIO

Stoke the Fire of Your Heart
February 10-12, 2012

Lynne Paterson & Sara Davidson

>>Anusara Yoga Adventure<<

Integrated practice includes meditation, pranayama, asana and chanting. Ayurveda Winter health tips. Time to snowshoe, x-country ski, hike and relax.

Friday 6pm to Sunday 1pm Cost: \$230/person

(Includes 4 yoga classes, Ayurveda Lecture, Friday dinner, Saturday lunch. Snowshoe rental & Saturday dinner extra. Accommodation list available.)

Prakasa Yoga Studio

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Contact Us for Details!!

