



Presents

FALL YOGA RETREAT with Heather Powell, E-RYT

November 11-13, 2011

Sleeping Lady Retreat Center, Leavenworth, WA

www.featheryogastudio.com|info@featheryogastudio.com|509-469-2559

This weekend combines asana, pranayama, chanting and meditation along with nourishing meals and time to relax. Please join us for a recharging weekend. Open to all levels. Partners, children and dogs welcome.

**SCHEDULE:**

Class Times: Friday 4-6 pm, 8-9 pm, Saturday 7-7:30 am, 10-12pm, 4-6pm, Sunday 7-7:30am, 10-12pm. Please check in by 3 pm on Friday. Retreat ends after lunch on Sunday.

**WHAT TO BRING?**

Yoga clothes, mat, props (block, blanket, strap, etc.) hiking boots, bathing suit for hot tub and credit card for room incidentals.

**SLEEPING LADY** retreat center is a place for personal renewal and inspiration. In your free time enjoy nature walks, soaking in the hot tub and sauna. Gourmet meals are served three times a day.

**Registration Form**

name\_\_\_\_\_email\_\_\_\_\_

address\_\_\_\_\_tel\_\_\_\_\_

Please circle your accommodation choice (Prices include lodging, food, and yoga classes):

Make checks payable to Feather Yoga Studio.

**Full Payment By October 8, 2011**

Single: \$640      Double: \$510      Triple: \$465

I would like to room with\_\_\_\_\_ Please mail

completed form and payment to: Feather Yoga Studio PO Box 1314, Moxee, WA 98936

Cancellation Policy: 30 days or more in advance, your fee minus \$75. Less than 30 days notice, **no refund unless we sell your spot**, then it would be your fee minus \$75.