

# ॐ *Holistic Yoga & Meditation*

## *Retreats at SW Lake Michigan*

*2.5 hours from Ann Arbor, MI &  
2.5 hours from Chicago, IL*

4 Day 5/7-10; 5/21-24; 6/18-21; 7/9-12; 7/16-19; 8/6-9; 9/17-20; 9/24-27  
3 Day 5/8-10; 5/22-24; 6/19-21; 7/10-12; 7/17-19; 8/7-9; 9/18-20; 9/25-27



Come as you are. Stretch, breath, meditate, renew, and relax. Take time to Self-Care.

Our small group retreats are great for Beginners, Pros, and Solo Travelers.

Experience the healing power of quality yoga and meditation.

Yoga Teachers earn Continuing Education credit.

### **What's included**

- Accommodations (1-4 people per room/bathroom)
- 2 vegetarian/vegan friendly meals daily
- Expert lead user friendly holistic yoga and meditation

### **Register Early**

Our retreats fill fast, so reserve your seat early and save.

Register online at [www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)

