

yoga with momi



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WOMEN'S RETREAT

connect | relax | renew

*Please join Momi Jhung for a women's yoga retreat
at the Cedar Cliff House on the shores of Lake
Superior in Lutsen, Minnesota*

April 13 – 15, 2012

SCHEDULE

Friday: arrive in the afternoon, asana class, dinner

Saturday: pranayama class, coffee/tea, asana class, lunch, free time, asana class, dinner

Sunday: pranayama class, coffee/tea, asana class, lunch, depart

THE RETREAT INCLUDES

yoga classes | pranayama classes | accommodations | meals (except Saturday night)

PRICE \$395 (double or triple occupancy)

Please send a non-refundable deposit of \$195 to reserve your space. Balance will be due March 1st, 2012.
Space is limited to 11 so please register early! Payment is non-refundable.

REGISTRATION

Name _____

Email _____ Phone _____

Address _____

City _____ State _____ Zip _____

Roomate preference _____

Mail registration form with your deposit to:

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