

SIMPLY YOGA IN THE MOUNTAINS

April 12 - 14, 2019

Early Bird Rate, Double: \$270, Single \$315

After March 15th, Double \$320, Single \$365

Rate includes 2 nights lodging, 6 meals, and instruction

Devote a weekend to your well-being and reawaken with yoga this spring. Spend three beautiful days in the Shenandoah Valley at the historic Shrine Mont Retreat Center located in Orkney Springs, Virginia. Join us in active and passive yoga practices, including Hatha asana, gentle, and Yin yoga. Find rest and renewal through daily guided meditations and enjoy the serenity and beauty of this unique mountain sanctuary. Shrine Mont offers hiking and space for contemplative strolls, pure mineral spring water, and nourishing and delicious homestyle southern meals. Chefs are also able to accommodate vegetarian and gluten free diets.

Debbie and Lisen will be your hosts for the weekend. They met in Yoga Teacher Training and are both passionate about yoga and personal growth. They bring years of combined experience to their yoga practices and love



sharing the beauty of yoga with others. Lisen — a teacher and world traveler, returned home to the Shenandoah Valley with her young family, four years ago. Debbie — retired from corporate life and financial services, has lived here for most of her life.

Name: _____

Address: _____

City: _____

State / Zip: _____

Telephone - Home: _____

Office / Cell: _____

Email: _____

Occupancy: Single Double

Special Request: _____

For regular updates check here to receive our monthly Shrine Mont newsletter

Make Checks Payable to Shrine Mont

____ Enclosed with this registration form is a check for the full payment or advance deposit of \$150 (non-refundable).

Charge my: Visa MC Discover Amex

\$_____ full payment / advance deposit

Number: _____

Exp. Date: _____ Code: _____

Mail Registration Form to:

Yoga Retreat
c/o Shrine Mont

P.O. Box 10 Orkney Springs, VA 22845

reservations@shrinemont.com / www.shrinemont.com