

Toni's Yoga Retreat Schedule

August-October 2016

Now taking reservations:

- **August 20, 2016** **Joy** **10am-5pm**

Enjoy a day of yoga, some delicious food and connect to nature as we explore the mountain trails. You will find yourself laughing, dancing and experiencing true joy.

- **September 17, 2016** **Hope** **10am-5pm**

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails. This day will bring hope into your life as you connect to nature and your true self.

- **October 15, 2016** **Contentment** **10am-5pm**

Enjoy a day of yoga, some delicious food and connect to nature as we explore the mountain trails. You find contentment in life as you let go of stress and feel grounded in your life.