

SCHEDULE

FRIDAY

3:00-5:00pm Arrival and check-in
5:15-5:30pm Welcome, Opening Circle
5:30-7:00 Hatha Yoga, all levels
7:00-8:30 Dinner
9:00-10:00 Yoga Nidra

SATURDAY

6:30-7:00am Meditation
7:00-8:30am Continental Breakfast
9:00-10:30am Hatha Yoga, all levels
10:45-12:15pm Hatha Yoga, advanced
12:30-1:30pm Buffet Lunch
1:30-4:00pm Free time
4:00-5:30pm Hatha Yoga, all levels
5:30-6:00pm Yoga Nidra
6:30-8:30pm Dinner
9:00-10:00pm Kirtan

SUNDAY

6:30-7:00am Meditation
7:00-8:30am Continental Breakfast
8:30-10:00am Hatha Yoga, all levels
10:00-10:15am Closing Circle
11:00 am Check-out

Further Options

Massage: Relaxing massages with Nancy Mott Brew available: \$60 for 50 minutes.

Massage, contact Nancy Mott Brew, (301) 779-7000 for booking information

Sunday Brunch: Kent Manor Inn's legendary Sunday brunch is priced separately.

Registration

50% deposit due by July 30 (deposit refundable through July 30 less a \$25 administrative fee). Balance due not later than August 30. After August 30 costs not refundable unless we are able to fill your space. Kent Manor Inn has a total of 24 rooms accommodating from 1 to 4 people per room; please register early to get your preferred room situation.

Go to www.wildflower yoga.com to register online or download your registration form. Then please mail checks payable to "Wildflower Yoga" plus printed registrations to:
Wildflower Yoga, P.O. Box 1473, Cheverly, MD 20785.



Lucy Lomax, E-RYT 500, began meditating and practicing yoga in the 70's, and teaching yoga in 1999. From early studies in Iyengar Yoga she was naturally drawn to the solid alignment principles of Anusara Yoga. A Certified Anusara Yoga teacher from 2004 to 2012, she credits Anusara's biomechanical principles and integrative body/mind/heart focus with informing her dynamically evolving practice and teaching. Ever the student, Lucy continues her studies exploring practical applications and integration of therapeutic yoga with Western medical approaches to healing. Lucy teaches with light-heartedness and enthusiasm grounded in strength and inner wisdom of body/mind.

www.serenitybayyoga.com

Kelly Fisher, E-RYT 500, believes that yoga is a life-line for a drowning heart. If you feel overworked, stressed out, and like there is never enough time to do the things you truly want



to do, yoga is your friend. If you can carve out even just a little time for yoga practice, then other things seem to fall into place. Kelly has been teaching yoga for over ten years and she has been practicing yoga and meditation for over 20 years. She was a Certified Anusara Yoga instructor for five years. Her classes are playful and in her grounded way she encourages her students to expand their boundaries in ways they might not believe possible. Kelly has dedicated her life to knowing the self and to bringing the light of that knowledge to her students..

www.wildflower yoga.com



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www.ebbingbrooke.com

YOGA INDULGENCE

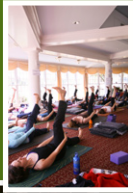
"If we are facing in the right direction,
all we have to do is keep on walking."
~ Buddhist saying

FALL HATHA YOGA RETREAT
NOVEMBER 9-11, 2012
HISTORIC KENT MANOR INN,
STEVENSVILLE, MD

Yoga indulgence? Yes!

Yoga = union

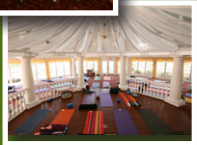
Indulgence = gratification of desire



On this relaxing and rejuvenating weekend, indulge yourself – body, mind, and heart – to create union of your inner and outer being.

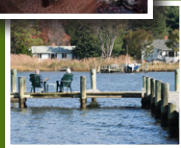
Connect to your body/mind through yoga postures, meditation and breath work. Open to your heart through the music and chanting of kirtan. And settle into

luxurious accommodations, scrumptious 4-star meals, and the tranquility of the scenic Eastern Shore.



Historic Kent Manor Inn

Kent Manor Inn is the perfect location to experience pure indulgence. Its Victorian style guest rooms include a mixture of Italian marble fireplaces, poster beds, window seats, balconies, and panoramic water views. From leisurely walks through the Inn's sculpted gardens and walking trails, to gourmet cuisine in the Inn's terraced dining room, the quiet elegance of Kent Manor Inn is designed to caress your senses and soothe your soul. And since all yoga events will be held in the glass-enclosed Waterfront Garden House, your view of the quiet waters and lush grounds will infuse every breath and movement.



500 Kent Manor Dr., Stevensville, 410-643-7716
www.kentmanor.com

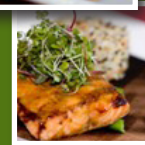


“Best Outdoor Dining Best Caterer”

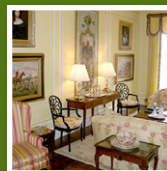
“A property that's grace is rivaled only by its history, the Kent Manor Inn looks like something out of The Bridges of Madison County. Executive chef William Lackey's Eastern Shore-influenced take on new American cuisine produces subtle tweaks to longtime favorites, like lump crab-stuffed blue prawns with risotto and prosciutto, or crispy-skinned Chesapeake rockfish served with lobster chorizo bread pudding— just the kind of dishes that seem a perfect experiment when taking in the restaurant's stunning views of Thompson Creek.”

What's Up Magazine, “Best of the Eastern Shore 2009”, June 2009

vegetarian options will be available



Weekend Package Prices



Total weekend price per person is all-inclusive: deluxe accommodations including complimentary wireless internet service, gourmet meals, tax, gratuity, plus 10 hours of yoga (\$180 value) of heart-opening, therapeutic Hatha Yoga, meditation, and chanting.

- Quadruple Occupancy Room – \$439 per person
- Triple occupancy Room – \$479 per person
- Double occupancy Room – \$519 per person
- Single occupancy Room – \$589 per person

RELAX...
REJUVENATE...
REVITALIZE...

It is easy to neglect our Self in today's busy world. But, if we offer ourselves the gift of yoga, the secrets of the universe will begin to unfold. Unfolding, or letting go, is a simple yet layered practice. It begins when we have the time and space to allow ourselves to open to our fullest, sometimes unexplored, potential.

To help you explore unfolding this weekend, the retreat will offer several choices to help you get spacious, slow down, to just be and feel...

Begin each day with clarity and peace in Kelly's seated meditation practice that combines guided and silent meditation. Then Kelly and Lucy will teach mixed and advanced yoga classes designed to help you strengthen, lengthen, and challenge your body/mind in new ways. End each day with Lucy's deeply relaxing yoga nidra practice to settle you into a fully relaxed night's rest. For deeper rest, there is optional therapeutic massage.

Saturday night's live acoustic guitar kirtan with Kelly and band-mate Charles Andrews explores an ancient practice of chanting the names of love to relax your mind and open your heart.

Finally, lest you wonder whether a weekend of self-indulgence is warranted, studies show that time spent relaxing, rejuvenating and revitalizing is time well spent. So, just for the weekend, give yourself permission to turn off the cell phone, leave the computer at home, give the Inn's phone number to those you love - and then, take the well-deserved self-care time that you crave. You will return refreshed and deeply aware of how yoga practice and your self-care “time out” will improve your daily life.