

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
5:30-6:15pm Kirtan
6:15-6:30pm Break
6:30-8:30pm Dinner
9:00-10:00pm Yoga Nidra

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 is due by July 8 with balance due not later than Aug 30. Deposit is refundable less a \$25 administrative fee until Aug 8. No refunds after Aug 30 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. Her yoga studies include 14 years in alignment-based yoga with recent studies in

trauma-sensitive yoga. She focuses on body awareness to calm mind and spirit, and teaches practical applications integrating therapeutic and alignment-based yoga with Western medical approaches to healing. She has taught advanced yoga studies programs for both students and teachers, and is on the faculty of the Yoga Center of Columbia's Yoga Teacher Training Programs for both entry level (RYT 200) and advanced (RYT 500) teacher training.

Web: www.serenitybayyoga.com

Email: sbyyoga@mac.com

Kelly Fisher, E-RYT 500, believes that yoga is a lifeline 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 practicing yoga and meditation since the early 90s and she has been teaching for more than 12 years. She has taught in such diverse places as NPR, Whitman Walker Clinic, and the Supreme Court. Her classes are playful and in her grounded style 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.

Web: www.wildflower yoga.com



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YOGA INDULGENCE

Fall Hatha Yoga Retreat

November 8-10, 2013

Historic Kent Manor Inn,
Stevensville, MD

"If your compassion does not include yourself, it is incomplete."

~ Jack Kornfield