Woodlands Yoga Studio

One Body, One Mind, One Spirit

RANCH O NIA

10176 Pooles Road

Montgomery, Texas

A magical place where folks relax, rejuvenate, replenish & renew with FUN!

Patricia Hillyard (713) 443-7725

Sunanda Bruno (940) 293-5929

www.WoodlandsYogaStudio.com

Yoga & Ayurveda Retreat

Date: October 15, 16, & 17, 2010

Time: 4:00 pm Friday to 3:00 Sunday

Tuition: $350 after September 15th

$325 Earlybird Special if paid by September 15th

Location: Ranch O Nia, Montgomery, Texas

Events at the Retreat...

To include daily **Pranayama, Meditation, Yoga & Ayurvedic Meals**

Come and enjoy these joyful events:

- ॐ Yin Yoga
- ॐ Flow Yoga
- ॐ Cranial Sacral/Face Yoga
- ॐ Nia Dance
- ॐ Zen Walking
- ॐ Laughing Meditation
- ॐ Ayurveda Awareness
- ॐ Detox Workshop
  - Breath Awareness
  - Body's Waste Management
  - Detox Yoga
  - Mineral Soak

Please ***legibly*** complete the following registration. Leave a check at the studio in the amount of **$350 ($325-Earlybird Special if paid by September 15th)** payable to Patricia Hillyard, or mail it to 67 Wind Whisper Court, The Woodlands, TX 77380. Limited space available.

Yoga and Ayurveda Retreat at Ranch O Nia

Name:_____

Address:_____

City: _____ State: _____ Zip: _____

Telephone: _____ _____

Home Cell

E-mail:_____

Special Request:_____