

# 2019 Relax and Rejuvenate Yoga Retreat

**Friday, October 11- Sunday, October 13**  
At Lindenwood Retreat Center In Donaldson, Indiana  
Sponsored by The Yoga Room, 219-226-1000

*Whether you are a beginner or long time yoga practitioner, the Relax and Rejuvenate Yoga Retreat will enrich you and relax and renew your body/mind and spirit. The poses or asanas done on the retreat are all relaxing and restorative poses appropriate for all levels.*

*Whether you need to "get away for a weekend" or stretch your body or enhance your spirit, you will find that plus time for yourself to read, reflect and step back from life.*

Retreat includes:

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|--------------------------|-------------------------|-----------------------|
| * Morning & evening yoga | * Evening meditation    | * Yoga Nidra practice |
| * 5 meals                | * double room- 2 nights | * optional massage    |
| * time to walk           | * time for reading      | * time to reflect     |
| * Silence                | * time for rest         | * time for yourself   |

*The retreat will take place at the Lindenwood Conference and Retreat Center. Lindenwood is located on the grounds of the PHJC Ministry Center on Union Road 2 1/4 miles south of US30 and 7 miles west of Plymouth, Indiana. (35 minutes from Merrillville, Indiana & 65 minutes from Downtown Chicago. The retreat begins at 7pm on Friday and ends around 1:30pm on Sunday.*

*The fee includes shared accommodations, meals and all yoga classes and workshops. A limited number of single rooms are available. Upon enrollment for the retreat, you will receive registration information that includes directions, schedule and more detailed information. Please enroll at least three weeks before the event. Registration and payment in advance by check is required.*

***A cancellation fee of \$100 is charged if you cancel less than three weeks prior to the event.***

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To reserve a space, fill out the form below and mail it and payment to: The Yoga Room  
418 N. Main St.  
Crown Point, IN 46307

Name \_\_\_\_\_

Address \_\_\_\_\_

state, zip \_\_\_\_\_

Day time phone number ( ) \_\_\_\_\_

Email address: \_\_\_\_\_

Massage: add \$60

\_\_\_ Yes, please sign me up City,

for a massage on:

\_\_\_ Saturday

\_\_\_ Sunday

\_\_\_ No preference

## **Costs: (Per person/ double/single) 3 Days/2 nights**

Early registration (Before June 15) \$ 289.00 (dbl) \$339.00 (single)

Regular registration (Before Aug 1) \$ 299.00 (dbl) \$349.00 (single)

Late Registration \$ 319.00 (dbl) \$359.00 (single)

Make Checks payable to: The Yoga Room

**For more information, call 219-226-1000**