

Rhonda's Everybody's Yoga Retreat

August 25-27, 2017 at Vellucci Vineyards, Hudson MI



Join us for a weekend of personal growth and reflection at the beautiful Vellucci Vineyards of Hudson. Partake in yoga practices, participate in a healing drumming circle, and enjoy time to reflect and relax in the beautiful country surroundings. Join us for one day or all three.

Friday evening will start with a casual meet and greet, a light evening meal, and a Yoga Nidra practice to settle us in for a peaceful night's sleep. We will rise Saturday with a full Vinyasa flow yoga session and wrap up the day with a wonderful healing drum ceremony led by special guest Carol Gallentine, LMT from Body Links. Then I will close the evening with a beautiful letting go meditation practice. Throughout the day you will learn about Chakras, Mantras and Mudras. We will also touch on the seven different types of meditation in order to prepare us for Sunday's day of reflection with silent meditation.

I have made sure to leave personal time so as to allow you time to enjoy the special services offered at Vellucci Vineyards, including the indoor pool, outdoor relaxing areas, and the abundance of natural surroundings. Meals are included however should you have any special dietary needs please contact me and plan as necessary. Additional products and services may also be available during the retreat for purchase. The Retreat will end with checkout at 1:00 pm Sunday. RYT Continuing Education Credits will be available upon request; please inform me upon registration.

Visit www.yogirhonda.com/retreat for the most up-to-date information.



Date: Friday Aug. 25, check in at 3pm through Sunday Aug. 27, check out at 1pm

Location: Vellucci Vineyards 8231 Coman Rd. Hudson, MI www.VellucciVineyards.com

Registration: Use the form below and return to Yogi Rhonda with your payment in full by Aug. 18.

Questions? Check out www.yogirhonda.com/retreat for more retreat details.

Contact Yogi Rhonda for room availability at: rhonda@yogirhonda.com
or by phone at: 517-439-9357.

Reserve Your Spot at Rhonda's Everybody's Yoga Retreat

3 Day Retreat with 2 nights in Villa Vellucci with private bedroom and semi-private bath

- 1 guest \$245
- 2 guests (share bed and room) \$285

3 Day Retreat with 2 nights in Villa Vellucci - pull out couch with shared bathroom

- 1 guest \$220
- 2 guests (share bed) \$260

3 Day Retreat with 2 nights in hall (bring own bedroll and linens) \$200

3 Day Retreat with 2 nights camping (bring own tent and gear, no hookup for campers or RVs) \$150

Retreat Only, no overnights. Join us for one day (Saturday) or all three. \$120

**Rooms are Limited!
Register Early!**

**Deadline to Register
August 18**

**Cash, Check or
PayPal Accepted**

* Meals are included in all packages.

Name Email Phone

Guest Name Email Phone

Emergency Contact Name Phone