

WEEKEND YOGA RETREAT

November 7 – 9, 2014

An inspiring and motivational weekend of yoga, kayaking, native wildlife, meditation, crystal bowl music, tai chi, and journaling.

Friday – 5:00 – 8:00 pm - Yoga Philosophy, Restorative Yoga, Meditation and Journaling

Saturday – 9:00 am – 1:0 pm - Kayaking, Catered Lunch, Animals and Plants Talk & Tour, Journaling

Saturday – 3:00 pm – 8:00 pm - Yoga, Dinner on Your Own, and Crystal Bowl Concert

Sunday – 9:00 am – 1:00 pm - Tai Chi, Pool Yoga, Reflection and Wrap-Up

Retreat Instructors: Susan Carter, RYT; Joanne Bishop, RYT; Robert Austin, Crystal Bowl Sound Healer;
Parke Lewis, Environmental Educator and Penny Jarrett, Education Coordinator.

Activities will take place at Newton Park, Mound House and Bay Oaks Recreation Center. An agenda with site locations will be given out upon registration.

Cost - \$150.00 - Registration Limited to 12 people. Registration ends October 24.

For questions and registration please call the Mound House at 239-765-0865. We reserve the right to cancel the retreat if there are not enough participants.



Offered by The Town of Fort Myers Beach – Mound House

A Cultural & Environmental Learning Center

