

# Yoga Cape May 2018 ANNUAL HOLISTIC YOGA RETREAT

## *Listening with our hearts*

The evolution continues as we explore the Mind, Body and Spirit ... Deepening our experience with Yoga and Meditation.

This retreat can help you connect deep within yourself to help you discover your true self and allow you to find your own path to wholeness.

*Experience guidance in various styles of Yoga and Meditation practices for all levels.*

*Drum Circle - bring your drums or percussion instruments.*

For information & reservations contact:

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*Yoga Cape May*  
[www.YogaCapeMay.com](http://www.YogaCapeMay.com)

**January 26, 27, 28, 2018**

Two night stay with nutritious vegetarian meals at the Marianist Family Retreat Center, Cape May Point, New Jersey

**\$275.00 per person**  
(ALL INCLUSIVE)

**Space is limited  
Sign up early!**

Deposit of \$50.00  
required to reserve  
your space.

(Deposits are non-refundable)  
Deadline for payment  
in full 12/31/17



**Deadline December 31, 2017**