

2020 ANNUAL HOLISTIC YOGA RETREAT

Listening with our hearts

JANUARY 24, 25, 26 2020

The evolution continues as we explore the Mind, Body, and Spirit...Deepening our experience with Yoga and Meditation. This retreat can help you go deep within yourself to 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 own drum or percussion instrument.

For information & reservations contact:

Karen Manette Bosna:
609-827-8886

kbosna28@yahoo.com

Denise Anthony:
410-477-5369

Two-night stay with nutritious vegetarian meals at the Marianist Retreat Center, Cape May Point, NJ

\$299 per person
(All-inclusive)

Deposit of \$50 required to reserve your space

(Deposits are non-refundable)

Space is limited,
Sign up early!

Deadline for payment in full:
12/31/19

Yoga Cape May

www.YogaCapeMay.com

