

Spring Renewal

A Yoga and Meditation Retreat

at Breitenbush Hot Springs

March 7—12, 2010

With Shannon McCall



Every spiritual tradition recognizes our need to periodically step away from the demands of everyday life, and into a period of retreat and renewal. Join me for such an opportunity within the natural beauty and splendor of Breitenbush Hot Springs (www.breitenbush.com) During our week together, we will meet for two classes a day, leaving plenty of time to soak or steam in the natural springs and sauna, relax in the library, enjoy a walk through the old growth forest, hike up a trail, and share meals with other like-minded folks. This will be a mixed level group and is appropriate for anyone with at least 6 month's ongoing yoga practice to advanced students.

Cost: \$770 bathroom cabin; \$690 non-bathroom cabin; \$615 lodge (if available). Cost includes all Yoga instruction, double occupancy lodging; fabulous soaking tubs, natural steam sauna and mostly organic, lovingly prepared vegetarian meals. Our workshop begins with dinner Sunday and ends with lunch on Friday. **To register, send \$108. deposit to: Shannon McCall; 11350 20th Ave. NE; Seattle, WA; 98125. For more information, call or email Shannon: (206) 362-8517 or shannonmccall@speakeasy.net**