

# Yoga and Meditation on Whidbey Island

December 11-13, 2009

With Shannon McCall



Come join others of like mind and heart for a renewing and quiet weekend of Yoga and meditation within the sacred natural environment and warm indoor spaces of Aldermarsh. Our retreat will begin with yoga and meditation Friday night, and conclude with lunch on Sunday. We will meet for ten hours of practice, leaving Saturday afternoon open to rest, reflect, walk the grounds, and attune to the inward pull of the winter season.

Early arrival Thursday evening with Friday morning yoga, optional (additional fee).

**Cost:** \$396, includes two nights double or triple occupancy lodging, all meals, use of the sweat lodge, and yoga instruction.

**Deposit:** \$108 Please send to: Shannon McCall; 11350 20<sup>th</sup> Ave. NE; Seattle, WA; 98125

For more information please call Shannon: (206) 362-8517