

# Yoga Summer Retreat



Join us July 30-August 1, 2010

Guided meditations, yoga classes for all levels, walks on the beautiful grounds of the Capuchin Retreat Center and Vegetarian meals will have you feeling centered and balanced. 95 acres of nature with many secluded spaces for quiet reflection.

We all know what it's like to work really hard. Do we know what it is like to truly retreat? Give yourself this gift so you can go back to your life with a fresh perspective, a clear mind and a healthy body.

\$255 per person before July 18 and \$275 after.

Please Pre-Register at

**Livonia Yoga Center**

19219 Merriman Road Livonia, MI 48152

**Phone 248.449.9642**



Capuchin Retreat is located on 95 acres of gentle meadows and woods offering opportunity to renew your peace of mind and reconnect with your spirit.



You will have a comfortable private room with private bath. Vegetarian meals with vegan opportunities too.



Arrive by 6:30 p.m. on Friday, dinner will be served at 7:00. We will be in silence from Friday night to Sunday at 11:00 a.m.