

## YOGA RETREAT WITH LEE ATWELL

# Renewing your Body, Mind, and Spirit with Yoga

*The Yoga Studio*  
In Magnolia

*"We cannot cure the world of sorrows, but we can choose to live in joy." - Joseph Campbell*

Join Lee for an inspiring weekend of yoga and renewal. This fabulous weekend retreat features daily yoga where we will explore the idea of cultivating joy from the inside (no matter how turbulent our lives may be) through asanas, pranayama and meditation.

Sleeping Lady Resort is located at a stunning creekside mountain setting. Included are daily yoga, pranayama and meditation sessions (starting from Friday afternoon until noon on Sunday) as well as incredible gourmet meals (made from local and organic ingredients from their garden when available). There will also be time to relax in the sauna, soak in the outdoor granite hot pool, explore the on-site creekside trails, journal, be by yourself or with friends, and absorb the serenity of the surroundings.

*\*\* Luxurious spa treatments are also available as an added option.\*\*  
(Book early)*

This is a great retreat setting to attend on your own, connect with friends or family, or attend as a couple etc... as there are various room choices available. If you are on your own and want to share a room, please let us know so we can accommodate you.

### RESERVE YOUR SPACE SOON!

*Reserve your space soon with your \$200 non-refundable deposit, as space is limited! \*Save \$50-per person with the special early bird rates when paid in full by JUNE 12, 2018\**



### WHEN

October 12 - 14th, 2018

### WHERE

Sleeping Lady Resort  
(Near Leavenworth, WA)

### COST

**EARLY BIRD RATES** (if paid in full by June 12)  
\$635 triple / \$675 double / \$825 single

**REGULAR RATES** (apply after June 12)  
\$685 triple / \$725 double / \$875 single  
*The Regular Rate balance is due September 12th.*

Retreat cost includes all meals, yoga, accommodations, use of the sauna, soaking pool, auxiliary buildings (library etc) and taxes.

Gratuity for the wonderful 'Sleeping Lady' employees is not included and can be paid at the time of your check out. (Offsite option and rates available, also - please enquire).

**Cancellation Policy:** The \$200 deposit is non-refundable. The retreat balance is non-refundable but may be creditable after the Regular Rate due date (SEPTEMBER 12th) if there is someone on a waitlist to take your place, or if you find someone to take your place.