

# ~ Whidbey Island Weekend Retreat with Lee ~



Connecting with your Self and the Natural World and Renewing your Spirit with Yoga

Friday, May 29 ~ Sunday, May 31

At Chinook Center at the Whidbey Institute

*“... where the echoes of the forest meet the stillness of the heart and the spaciousness of spirit.”*

Open to the Wholeness of Life with an inspiring weekend of yoga close to Seattle ~ at the beautiful Chinook Center on Whidbey Island.

Enjoy explorations into joy and gratitude created especially by Lee for this weekend. This retreat close to Seattle will feature daily yoga, the unique experience of a silent labyrinth walk, healthy and enticing vegetarian food, a rustic wood-burning sauna, all the serenity of the Chinook Center grounds, and more.

*This will be the only Weekend Retreat for 2009.*

*Join Lee at Salt Spring Island in 2010.*

Retreat cost - \$425. Bring a friend (who is not currently attending the studio) price - \$395. Early bird \$395 - when paid in full by March 28. Please register soon with your \$150 non-refundable deposit. Balance due May 15<sup>th</sup>. Retreat cost is non-creditable after the due date unless there is someone on a waitlist to take your place.

[www.TheYogaStudioinMagnolia.com](http://www.TheYogaStudioinMagnolia.com) • 206-285-3545