

~ Whidbey Island Fall Retreat with Lee ~

Yoga for the Whole Self ~  
Rhythms of Nature and Spirit

Friday, November 13 ~ Sunday, November 15, 2009  
At Chinook Center at the Whidbey Institute

*“Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.”*

~ Lao Tzu

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

Explore inspirations of yoga and nature 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.

Retreat cost - \$425.

Please register soon with your \$150 non-refundable deposit. Balance due October 30. 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)  
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