

YOGA ECO~RETREAT

At Nurture Through Nature's Green Retreat Center
and Yoga Studio
Denmark, Maine
Friday, July 9-Sunday, July 11, 2010

Come deepen your yoga practice...

*through three days of artfully designed yoga classes,
meditation, community, breath,
and the beauty of nature
as your guide.*



● 9 hours of Yoga integrating Ashtanga, Iyengar, and Kundalini.

● Meditation Hike

● A Deep Cleansing Sauna

● Canoe Day Trip with Yoga on the Beach

● 5 Wholesome Balanced Meals

(Lovingly prepared from natural, local and organic ingredients!)

● 2 Nights, 3 Days in a shared Eco-Cabin

on the beautiful 33 acres of wooded land at NTN.

● Camping in the woods option



Yoga Eco~Retreat at Nurture Through Nature

Fee:

\$350 shared eco~cabin accommodations

\$290 camping option

To Register: Send nonrefundable \$100 deposit to **Nurture Through Nature, 77 Warren Rd, Denmark, ME, 04022.** Upon registration, you will be sent a full list of details. FMI: www.ntnretreats.com 207-452-2929

Your Facilitators:

Jen Deraspe, MS: is a certified Yoga Instructor, Certified Facilitator of The Work, owner of NTN, & has led retreats for 12 yrs.

Raja Michelle, YA: is a certified Yoga instructor, operates NTN with Jen and is a graduate from The School of The Work.

