

# Yoga Teachers Eco-Retreat

~Rest and Renewal~



Maine's 3<sup>rd</sup> annual affordable yoga teacher's retreat sure to fill your cup!  
September 5-7, Labor Day Weekend Holiday, Denmark, Maine

You are invited to join this circle of yoga teachers on an enriching yoga eco-retreat facilitated by and for yoga teachers.

**Mission:** Our mission is to share the journey of teaching ourselves and others the value of a deepening yoga practice. Concurrent yoga classes, community building and business expansion workshops will be offered throughout the weekend, all taught by participants. We invite an attitude of sharing, listening and learning through the experience of other yoga teachers.

**Overall vision:** Yoga teachers coming together in an earthy-friendly space to enhance our own practice and the sharing of yoga. The retreat will offer an artful blend of workshop space, solo reflective time in nature, and connecting with the living earth through explorations in the natural world.

## **Location: Retreat with an Environmental Leader!**

Nurture Through Nature's Green Certified Eco-Retreat Center in Denmark, Maine, is located just over an hour from Portland, Lewiston and Freeport, Maine and 3 hours from Boston. Our retreat center has 3 solar-powered cabins & workshop space, resting on 33 acres on Pleasant Mountain with hiking trails offering lofty views of the White Mountains. In 2007, Nurture Through Nature received state & federal recognition as a green lodging facility. We are committed to respecting the earth's resources through our use of solar-powered electricity, our composting and recycling efforts, use of renewable heating sources and earth-friendly cleaning products. Experience a green retreat and a simpler way of living.

**Karma Yoga:** You are invited to share your expertise by donating a class or workshop during the retreat. Please contact Leslee Hartwell at 207.625.4756 or email her at [sunrisewoodcrafters@roadrunner.com](mailto:sunrisewoodcrafters@roadrunner.com).

**Cost and Registration:** \$195 includes shared eco-cabin stay, meals, use of private hiking trails, guided meditation walks, and inspirational instruction. For an additional \$50, extend your stay a night before or after retreat. Send \$75 nonrefundable deposit to Leslee Hartwell, 257 New Settlement Rd, Hiram, Maine, 04041. Balance is due Aug 21.

**FMI about retreat facilities:** [www.ntnretreats.com](http://www.ntnretreats.com) or call 207.452.2929

