

# LADIES ' FALL GODDESS RETREAT

October 14-16, 2016

Lake Cumberland  
Jamestown, KY

*PEACEFUL AND PRIVATE  
SETTING FOR YOGA WITH  
ACCOMMODATIONS IN  
LUXURIOUS VACATION  
HOME ON BEAUTIFUL  
LAKE CUMBERLAND!*

Energize, engage,  
explore!  
The 10 Wisdom  
Goddesses - Connect to all  
the goddesses within  
yourself!

## SCHEDULE

### Friday, October 14:

4:30 - 5 pm - Arrive  
5:30 - 7 pm - Yoga session  
7:15 pm - Dinner  
8:30 pm - Outdoor starlit  
meditation  
9:00 pm - Relax on huge,  
private deck furnished with  
fire pit and hot tub

### Saturday, October 15:

8:30 am - Breakfast  
9 - 10:30 am - Flex time (e.g.,  
walking, reading, journaling,  
private meditation)  
10:30 am - Noon - Morning  
yoga session  
12:15 pm - Lunch  
1 - 2:45 pm - Flex time  
2:45 - 4:45 pm - Beading  
necklace activity  
5 - 6:30 pm - Afternoon yoga  
session  
6:45 pm - Dinner  
8:00 pm - Outdoor starlit  
meditation  
8:30 pm - Foot soaks & relax  
on deck

### Sunday, October 16:

8:30 am - Breakfast  
9 - 10 :00 am - Flex time  
10:00 am - Noon - Morning  
yoga session  
12:15 pm - Lunch  
1 - 2:00 pm - Pack and  
check-out  
2:30 - 4:30/5 pm—Hike at  
Lake Cumberland State Park



with  
**Denise Stottmann**  
Certified Anusara®  
Yoga Teacher, E-RYT-500, YACAP

**SPACE IS LIMITED!  
MAIL YOUR REGISTRATION  
SOON TO RESERVE YOUR  
SPOT!**





Denise began her study of Anusara yoga in 2006. She became a Certified Anusara® Yoga Teacher in May 2013 and holds the E-RYT-500 & YACEP yoga teacher license.

She owns Infinite Bliss Yoga studio in Louisville, KY and teaches yoga six days a week.

**Amenities**

Spacious living area with hardwood floors for yoga practice.

Shared accommodations in 5 bedrooms furnished with twin beds, 4.5 baths. All linens provided.

An outdoor deck runs the length of the home, with hot tub, fire pit, and space for relaxing and socializing.

Walking paths to lake and surrounding area.



Rhona Kamar, chef/owner of Ramsi's Café on the World Restaurant will provide delicious, healthy meals for the retreat on-site.



Kat & Sara of Body Center Healing will provide chair massages to all!

**What To Bring**

Bring your mat, yoga accessories (such as blocks, strap, blanket), yoga clothes, toiletries, PJ's, journal or notebook, pen, swimsuit/beach towel for hot tub, casual clothes for leisure time, & hiking attire for

**Testimonial:**

Nourishment of the body, mind, and soul! All levels yoga that weaves stories with the poses, delicious food, Mother Nature at her finest, and connection with wonderful women -- it's all there. I felt both peaceful & invigorated by this uniquely meaningful time away from the bustle of everyday life!  
- Kristina Peters

To make a reservation, please detach form below and give or mail the registration form with your check to:

Denise Stottmann  
235 Tucker Station Road  
Louisville, KY 40243

Pricing is all-inclusive.  
Early-Bird Price is \$285 (post-marked by Aug. 31)  
After August 31, full payment is \$310.

Questions? Call 502.509.7755 or email [denise@infiniteblissyoga.org](mailto:denise@infiniteblissyoga.org)

**LADIES FALL RETREAT REGISTRATION**

**October 14-16, 2016**

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_ CELL PHONE \_\_\_\_\_

\_\_\_\_\_ \$285 early-bird (post-marked by August 31)  
\_\_\_\_\_ \$310 (full amount)

Please list any food allergies or dietary restrictions \_\_\_\_\_