

LADIES Spring RETREAT

May 17 - 19, 2019
Oldham County, KY

For
Fabulous
Femmes!

The 16 Eternal
Moon Phase Goddesses:
Connect one's reflective
powers with this eternal
sequence of evocative
energies.



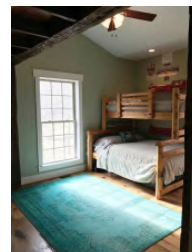
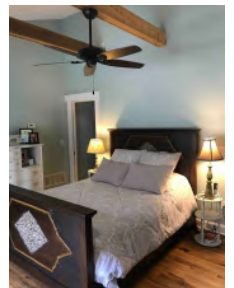
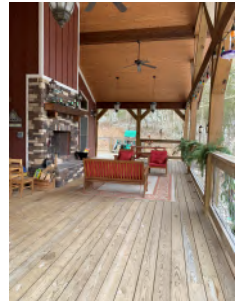
*PEACEFUL AND PRIVATE
SETTING FOR YOGA WITH
ACCOMMODATIONS AT A
BEAUTIFUL HOME ON A
FARM (ONLY 45 MINUTES
AWAY!)*

SCHEDULE

Friday, May 17:
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
fireplace

Saturday, May 18:
8:30 am: Breakfast
9 - 10:30 am: Flex time (e.g.,
walking, reading, journaling,
private meditation)
10:30 am - 12:15 pm:
Morning yoga session
12:30 pm: Lunch
1 - 3:00 pm: Flex time
3:00 - 5:00 pm: Essential Oil
workshop and make-and-
take craft
5:15 - 6:45 pm: Afternoon
yoga session
7:00 pm: Dinner
8:30 pm: Outdoor full moon
meditation
9:00 pm: Relax on deck
furnished with fireplace

Sunday, May 19:
8:00 am: Breakfast
8:30 - 9:30 am: Flex time
9:30 - 11 am: Morning yoga
session
11 am - 12 pm: Pack and
check-out
12:30 - 4:30 pm: Picnic Lunch
and hike at nearby Morgan
Conservation 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 covered deck with outdoor fireplace for yoga outside and living room area with hardwood floors for yoga inside.

Shared accommodations in 4 bedrooms furnished with twin beds or air mattress, shared-double bed, shared-queen bed. All linens provided. 3 full baths.

Outdoor fireplace and firepit with hiking trails on a 65 acre farm with chickens and goats.



Rhona Kamar, wellness chef + coach, will provide delicious, healthy meals for the retreat on-site. Visit her at www.pranajunkie.com



Laura Johnson, essential oil guru, will provide an Essential Oils 101 workshop and lead our oil make-and-takes and keep us smelling good all weekend!

What To Bring

Bring your mat, yoga accessories (such as blocks, strap, blanket), yoga clothes, toiletries, extra pillow, PJ's, journal or notebook, pen, casual clothes for leisure time, & hiking attire.

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 \$325 (received by March 31)
After March 31, full payment is \$365.

Questions? Call 502.509.7755 or email denise@infiniteblissyoga.org

LADIES SPRING RETREAT REGISTRATION

May 17- 19, 2019

NAME _____

EMAIL _____ CELL PHONE _____

_____ \$325 early-bird (received by March 31)
_____ \$365 (full amount)

Please list any food allergies or dietary restrictions _____