

LADIES Spring RETREAT

May 1 - 3, 2020

Lake Cumberland Jamestown, KY

The book "Braiding Sweetgrass" by Robin Wall Kimmerer and poetry of Joy Harjo will inspire us for the weekend as we connect with our Hearts and lives through indigenous wisdom, scientific knowledge, and the 5 yogic elements.



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

SCHEDULE

Friday, May 1:
 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



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

Saturday, May 2:
 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
 1:30- 3:30 pm: Flex time
 3:30 - 5:00 pm: Nature craft activity
 5:15 - 6:45 pm: Afternoon yoga session
 7:00 pm: Dinner
 8:30 pm: Outdoor starlit meditation
 9:00 pm: Relax on deck furnished with fire pit and hot tub



**SPACE IS LIMITED.
 RESERVE YOUR SPOT
 SOON!**



Sunday, May 3:
 8:30 am: Breakfast
 9 - 10 am: Flex time
 10 - 12: Morning yoga session
 12 - 1 pm: Pack and check-out
 1:30 - 4:30/5 pm: Picnic Lunch and hike at Lake Cumberland State Park



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, wellness chef and coach will provide delicious, healthy meals for the retreat on-site.

Visit her at www.pranajunkie.com

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 Sunday.

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 \$335 (received by February 29)
Full payment is \$365 (March 1 and later).

Questions? Call 502.509.7755 or email denise@infiniteblissyoga.org

LADIES SPRING RETREAT REGISTRATION

May 1 - 3, 2020

NAME _____

EMAIL _____ CELL PHONE _____

_____ \$335 early-bird (received by Feb. 29)
_____ \$365 (full amount)

Please list any food allergies or dietary restrictions _____