

LADIES Spring Retreat Yoga + Hiking May 19 - 21, 2023 Madison, Indiana

Join Denise at a beautiful home near Clifty Falls State Park as we flow with the river of the Heart through friendships, asana, meditation, hiking (with a cave tunnel), and downtown Madison shops walk.

Schedule:

Friday:
Arrive 4:30 pm
5:30 – 6:30 pm; yoga
Dinner and conversation

Saturday:
8 am; breakfast
Hike + lunch
Yoga
Dinner and conversation

Sunday:
8 am; breakfast
9 – 10:15 am; yoga
Pack and depart by 11 am
for walking, shopping and lunch in downtown Madison



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



**SPACE IS LIMITED TO 12.
RESERVE YOUR SPOT SOON!**

To make your reservation, please see Denise and make payment with check or cash at the studio or mail to:

**Denise Stottmann
235 Tucker Station Rd.
Louisville, KY 40243**

**Early-Bird Pricing: \$350 (thru March 31)
\$375 after**

Pricing is all-inclusive excluding lunches (backpack lunch for Saturday hike and eat at café on Sunday)

Questions? Call Denise @ 502-509-7755 or email denise@infiniteblissyoga.org