

**LADIES Fall Retreat
Yoga + Hiking
October 27- 29 2023
Cumberland Falls State Park**

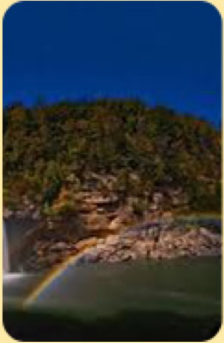
Join Denise at Cumberland Falls State Park. We will stay at the cabins and connect with the October full moon energy thru asana, meditation, hiking (with a Moonbow viewing), meals, and conversation!

Schedule:

Friday:
Arrive 5 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 & depart cabins by 11 am
Hike + lunch



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



**SPACE IS LIMITED TO 14.
RESERVE YOUR SPOT SOON!**

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

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

**Early-Bird Pricing: \$370 (thru August 31)  
\$399 after**

**Pricing is all-inclusive excluding lunches (backpack lunch for Saturday and Sunday hikes)**

**Questions? Call Denise @ 502-509-7755 or email [denise@infiniteblissyo.org](mailto:denise@infiniteblissyo.org)**