

# Mindfulness Yoga Retreat



Join us on Friday December 8-10

A weekend of stillness and yoga.

Guided meditations, yoga classes for all levels interlaced with quiet walks on the beautiful grounds of the Capuchin Retreat Center.

We rarely have the opportunity to truly unplug from our world.

Give yourself this gift as it will fill you with a feeling of equanimity and peace.

This is a perfect way to enter into the holidays

Cost \$325.

## Relax

95 acres to roam on beautiful paths, a warm fireplace with comfy couches nearby for

## Renew

You will have a comfortable private room and bathroom. All meals are provided and will be delicious, healthy vegetarian

## Unplug

Please arrive as early as 2:00 on Friday and no later than 6:00 p.m. to check into your room.

*"Many of us talk a lot but say very little worth hearing. It is only in the silence that inspiration and insights can be heard."*

Register online at [redlotusyoga.com](http://redlotusyoga.com) or call 248-601-9642 or 248-509-7957

