

# Yoga Summer Retreat



*"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."*

## Mindfulness Retreat

July 20-22

Guided meditations, yoga classes for all levels, walks on the beautiful grounds of the Capuchin Retreat Center and Vegetarian meals will have you feeling centered and balanced. 95 acres of nature with many secluded spaces for quiet reflection.

Taking the time to learn mindfulness allows us to be more present, productive and engaged in our lives. This weekend, take the time to learn to eat, walk, meditate and practice yoga mindfully. Use this time to gain the mental and emotional strength to create real change in your life!

Please Pre-Register at Red Lotus Yoga Cost \$325



Capuchin Retreat is located on 95 acres of gentle meadows and woods offering opportunity to renew your peace of mind and reconnect with your spirit.



You will have a comfortable private room with private bath. Vegetarian meals with vegan opportunities too.



You may arrive at 2:00 on Friday and no later than 6:30 p.m. dinner will be served at 7:00. We will be in silence from Friday night to Sunday at 11:00 a.m.

