

# 2017 Uplift Yoga Retreat

November 17-19, 2017 at the Christine Center, Willard, WI

## Exploring Your Inner Space Through Mala, Mudra & Mantra

Join in this year's annual Uplift Yoga Retreat at the Christine Center, to learn about yourself, and how yoga practice can help illuminate your tendencies, aversions and attractions. Experience ways to harness the many tools of yoga in order to live a life of intention.

This retreat is intended for everyone, at any stage of yoga practice.

Retreat runs Friday 5:00 PM - Sunday 12:00 Noon

### All-inclusive Cost per Lodging Type:

Modern Single	316
Modern Shared	274
Guest House Single	338
Guest House Shared	286
Rustic Single	276
Rustic Shared	252
Camping	206
Camping w/ Electric	216

To register, please email:  
**[upliftyoga@gmail.com](mailto:upliftyoga@gmail.com)**

Include your name, address, phone number, first choice of lodging and names of anyone sharing lodging with you.

Payment may be made by check, credit card\* or paypal\* once lodging is confirmed.

\*extra \$5 charge