

pathless yoga



Pathless Yoga Retreat Registration Form

Tampa, Florida
January 6-10, 2010

**4-day retreat
\$650**

Cancellation Policy: Cancellations before 60 days will receive a refund less a \$50 processing fee. Cancellations between 60 and 30 days will receive refund less a \$100 processing fee. No refund can be made within 30 days of the retreat unless your place can be filled from the waiting list.

Name _____

Address _____

City _____

State/Province _____

Postal Code _____

Email _____

Day Phone _____

Evening Phone _____

Amount Enclosed _____

Signature _____

Send registration & payment to:

Emily Hain
8535 Elbow Key Ct
Cape Canaveral, FL 32920
321-783-4507 or bcp2grace@gmail.com

Checks or money orders in US funds made payable to:

Pathless Yoga

www.pathlessyoga.com

Pathless Yoga Retreat Details

This 4-day silent retreat begins with dinner on January 6 and ends with lunch on January 10. Cost includes 4 nights double accommodation and 12 vegetarian meals. Single upgrade available for \$200.

Retreat size: This retreat is limited to 25 people.

Retreat Location: Franciscan Center
301 Perry Avenue
Tampa, Florida 33603

The Franciscan Center is located on the Hillsborough River on eight acres of land. Staffed by the Franciscan Sisters of Allegany, NY, the Center offers a welcoming atmosphere of quiet and peace. The building has central air conditioning, heat and ceiling fans in each room.

Transportation: The Franciscan Center is 15 minutes from the Tampa International Airport.

Confirmation, directions and a packing list will be sent via email once your registration has been received.

Sample Schedule:

6:30 to 7:30am	Personal Practice (optional)
7:30-8:30am	Pranayama and Quiet Sitting
8:30am	Breakfast
10am to 12:30	Bodysensing and Yoga Nidra
12:30	Lunch
3:30-6:00pm	Dyads and Discussion
6:00 pm	Dinner
7:30-9:15pm	Kirtan and Quiet Sitting

CEU's: The 4-day retreat provides yoga teachers who are members of Yoga Alliance with 30 contact hours.