

pathless yoga



Pathless Yoga Retreat Registration Form

Maria Stein, OH
July 10-14, 2009

4-day retreat \$690 (\$790 after June 1)
Weekend only \$415

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:

Sharon Shultz
10950 Cherokee Drive
Lakeview, OH 43331
937-843-6638 or shultzlake@woh.rr.com

Checks or money orders in US funds made payable to:
Pathless Yoga

www.pathlessyoga.com

Pathless Yoga Retreat Details

Both the 4-day silent retreat and the weekend only option begin with dinner on July 10. The 4-day retreat ends with lunch on July 14. Cost includes 4 nights single accommodation and 12 vegetarian meals. Weekend retreat ends with lunch on July 12. Cost includes 2 nights single accommodation and 6 vegetarian meals.

Retreat size: This retreat is limited to 25 people.

Registration priority will be given to 4-day retreatants until June 1. If you wish to attend for the weekend only, you may register prior to June 1 and your name will be placed on a waiting list. You will be notified by email on June 2 if there is space.

Retreat Location: Spiritual Center of Maria Stein
2365 St. Johns Road
Maria Stein, OH 45860

The Spiritual Center of Maria Stein is located on 87 acres in rural western Ohio. The property includes a pond, woods and walking trails. The facility is air-conditioned. All rooms are single with private bath.

Shuttle: from Dayton International Airport is available and must be arranged in advance.

Contact Sharon Shultz for details.
937-843-6638 or shultzlake@woh.rr.com

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, Poetry and Quiet Sitting

CEU's: The 4-day retreat provides yoga teachers who are members of Yoga Alliance with 29.5 contact hours.