

pathless yoga



Pathless Yoga Retreat Registration Form

St Louis (Cook Station), Missouri
September 17-21, 2009

**4-day retreat
\$690**

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:

Terry Wilson
1127 County Road 388
New Bloomfield, MO 65063
573-491-3392 or twilson@socket.net

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 September 17 and ends with lunch on September 21. Cost includes 4 nights double accommodation and 12 vegetarian meals.

Retreat size: This retreat is limited to 18 people.

Retreat Location: Mound Ridge Camp & Retreat Center
33 Agape Lane
Cook Station, MO 65449

Mound Ridge is a summer camp located in the Ozark Hills in a deep oak forest along the banks of the Meramec River. The retreat will be held in a rustic stone lodge that is heated and air-conditioned. The property includes river access and miles of nature trails.

Shuttle: from Lambert Airport in St Louis is \$60 per person roundtrip and must be arranged in advance. Contact Terry Wilson for details.
573-491-3392 or twilson@socket.net

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.