

pathless yoga



Pathless Yoga Retreat Registration Form

Tampa, Florida
January 13-17, 2011

**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:

Emily Hain
2515 Palm Lake Drive
Merritt Island, FL 32952
321-806-4507 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 13 and ends with lunch on January 17. 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
3010 N 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, Quiet Sitting and Poetry

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