

Untying the Knots that Bind:



Yoga as Gateway to Freedom

with Laurel Hodory, MS, E-RYT500
& Marni Task, E-RYT500

Book by November 1st and Save \$100!

A \$300 refundable deposit holds your spot.

Unwind...

your body-mind with juicy vinyasa yoga, chanting, extraordinary bodywork, delicious healthy food and eco-adventures. Explore and unlock your inner light with specific practices designed to balance energy throughout the 5 koshas (coverings) and unravel the 3 grantis (knots).

- ☀ free time for spa services**
- ☀ excursions to national parks, wonders and eco-adventures**
- ☀ quiet time for renewal
- ☀ new friendships and community
- ☀ more joy and radiance

***Fees for spa services and excursions are not included in the cost of the retreat. Yoga classes will be scheduled around excursions.*

Registration

Contact Pura Vida Spa at 1-888-767-7375
ext. 225 and ask for Di Chapman.

Rates starting at \$1345 per Person*
Standard Room

Space is limited and accommodations are available on a first-come, first-serve basis. Rates include three delicious, healthy meals (vegetarian, chicken and seafood), lodging, yoga workshop and evening activities. Excursions and spa services not included.

**Double occupancy. There is an additional charge for single occupancy and accommodations with more amenities.*

Sample daily schedule + more info:

www.laurelhodory.com



Laurel Hodory and Marni Task are senior yoga teachers living and teaching yoga in their respective home towns, Columbus and Cleveland. A former Ashtanga practitioner and athlete, Laurel is known for her systematic and edgy teaching style that inspires students to move beyond their limitations. Marni is known for her creative teaching style and incredible assists that keeps students coming back for more. Their work together is synergistic and their students have described them as, "a great balance of complementary opposites." Both have extensive experience in therapeutics and study with John Friend and find that yoga enhances their lives and brings them great joy.

