

Join Us For THE 2nd ANNUAL HEALING POWER YOGA RETREAT

August 26-28

at Eagle Ridge Resort and Spa, Galena III

We all know there's something inexplicable and wonderful about our yoga friendships., We are together a few hours a week. Not saying much. Not even looking at each other. We are, simply, practicing together. And we have become a family. Now, we love each other and we don't know why. We love each other without conditions, as we do the friends of our childhood.

It is time for our second annual Healing Power retreat. We are going away to play

This year we are going to *Eagle Ridge Spa and Resort in Galena*, land of soft rolling hills and the smell of fresh hay. This year **Pam and Zoe have invited David Romanelli** (from At One Yoga in Scottsdale) and **Jesse Hozeny** (genius keyboard player) to join the Healing Power Family. It is an embarrassment of riches.

We will arrive **Friday** afternoon in time for **Yoga, meditation, and perhaps a steam or sauna** before dinner. Later, at the lodge, we'll lie around on sofas telling stories before bed.

On **Saturday**, we'll rise to **Yoga, meditation, and chant; and have breakfast** together at the lodge.

The rest of the day is for all sorts of play. We can **bike, kayak, ride horseback, canoe and hike**. We can read. Or sleep. Or we can wallow in the many pleasures of the **lodge's new spa**. (Make appointments early!!)

As the day dies away we will gather again for **Yoga, meditation, and chant**. And then, finally, there is **dinner at the lodge**.

And now it is **Sunday**. It is our final practice. Now, having grown strong and relaxed; and having grown joyful, we will dance our practice to the **live music of Jesse Hozeny**.

We will end the retreat with a **splendid brunch** knowing, as we make our way home, that we carry with us the full bounty of the weekend's blessing: Our love of Yoga. And our love for each other.



\$425.00 (double occupancy; \$585.00 single) includes All Yoga and Meditation sessions, Breakfast and Dinner on Saturday and Brunch on Sunday; Evening Program Saturday night, and lots more surprises.

Please join us for dinner Friday night (dutch treat) in Galena. Itinerary follows.

please go to www.healingpoweryoga or www.zoekaufman.com for more details.