



PRAIRIE YOGA TEACHER TRAINING

Exploring the Meaning of Sangha

Retreat

Friday- Saturday

October 26 - 27, 2012

Sangha: when a like-minded group of seekers gather together to support each other's spiritual awakening.

On this retreat, we join together as yoga teachers and trainees to commune, celebrate and share. As we quiet our minds and open our hearts to inspiration, we can experience peace and rejuvenation through fellowship, yoga, meditation, pranayama, laughter, good food and nature. We'll return to our communities restored and ready to offer the gift of yoga after having deeply immersed in it ourselves.

With all of the Prairie Yoga Teacher Training Faculty

Lori Gaspar, Tricia Fiske, Reeny Linstrom, Marinda Stopforth, April Storms and Linda Troutman

This retreat is open to everyone who has participated in any of our Prairie Yoga Teacher Training Programs.

Friday, Oct. 26, 1:00 p.m. – Saturday, Oct. 27, 5:00 p.m.

Location: Loyola University Chicago Retreat and Ecology Campus, Woodstock, IL (Resurrection Center)

Fees

\$200 double occupancy paid in full by 9/29/12; \$250 thereafter

\$250 single room (limited availability) paid in full by 9/28/12; \$300 thereafter

Includes: all retreat programs, accommodations, 3 yoga practices, meditation, 2 large vegetarian meals (dinner on Friday and brunch on Saturday) and snacks.

Special refund policy in effect; please see details on reverse

Schedule: Arrival Friday between 11:00 a.m. - 1:00 p.m. Friday lunch is not included. Our first yoga practice begins at 1:30 p.m. Depart Saturday 5:00 p.m.

To insure success of our planned activities, please bring:

- Yoga props: sticky mat, belt, 2 blocks, 3 blankets, rectangular bolster
- Snacks to share: fresh vegetables, hummus, cheese, crackers, fresh fruit, nuts, trail mix, breakfast breads; desserts are welcome too!
- Your teacup
- One votive candle
- Something to place on our altar. This item will be returned at the end of the weekend.
- Journal and pen

Registration with Prairie Yoga. Please fill out the back of this flyer and include your check with registration. For more information contact Reeny Linstrom at reenylinstrom@yahoo.com.



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DATES & TIMES

1 p.m. Friday, Oct. 26 - 5 p.m. Saturday, Oct. 27, 2012

FEE

\$200 double-occupancy paid in full by Friday, Sept. 28; \$250 thereafter
\$250 single room paid in full by Friday, Sept. 28; \$300 thereafter

STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

We encourage you to pre-register. Space is limited, so registering early holds your spot and qualifies you for the discount price. Classes will be cancelled due to low enrollment. Registering by the early discount deadline helps ensure that the class will be held.

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ Double-occupancy: \$200 paid by Fri., Sept. 28

_____ Double-occupancy: \$250 paid *after* Fri., Sept. 28

_____ Single room: \$250 paid by Fri., Sept. 28

_____ Single room: \$300 paid *after* Fri., Sept. 28

Doubles: Do you have a Roommate Request? If so, please write name here: _____

Both roommates must request each other.

If you do not have a request, we will double you up randomly with another student.

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

Special refund policy for this event:

- Refund available up to 9/28/12, minus \$40 processing fee. Refunds after 9/28/12 only if space can be filled, minus \$75 processing fee.
- If you do not show up for the event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 3% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellations: We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 3% credit card transaction fee).



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