



DROP AND GIVE ME ZEN YOGA RETREAT

APRIL 12-14,
2019

DROP REGRETS.
DROP LIMITING BELIEFS.
DROP RESENTMENTS.
DROP DOUBTS.
DROP WORRIES.



JOIN US FOR AN INCREDIBLE WEEKEND IN THE WOODS FOR YOGA, GIRL TIME, RELAXATION, AND REJUVENATION.

Special includes: 2 nights stay in our beautiful 7 bedroom lodge for up to 16 people.

Retreat includes: Yoga with Certified Yoga Instructor Lindsay Anderson, a course on building resiliency and releasing toxic thoughts with Director and Founder Cara Ruff, five healthy meals, healthy snacks, and fruit infused water, the creation of a personalized salt scrub, and unparalleled surroundings and accommodations for \$280. Book with a friend or bring your whole tribe. Space is limited to 16. Call us now to save your place!

REGISTRATION



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CONTACT INFORMATION:

1st Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ Email: _____
Room Type: _____

2nd Attendee

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ Email: _____
Room Type: _____

If you will be accompanied by a PCA please contact us for applicable fees.

Please enclose payment made out to Camp Bliss or to pay by credit card fill out below:

Type of Card: _____
Name on Card: _____
Card Number: _____
Expiration Date: _____ CSC Code: _____

Total Cost: _____

Return Registration to Independent Lifestyles – 215 N Benton Drive – Sauk Rapids, MN 56379 or email it to lorio@independentlifestyles.org or call us at 320-281-2016.

COME UP NORTH AND FIND YOUR BLISS!