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!
Massages are also available for an additional $70 per person for an hour massage.

218.547.4004 / WWW.CAMPBLISS.ORG

REGISTRATION

Camp Bliss

DROP AND GIVE ME ZEN YOGA RETREAT APRIL 12-14, 2019

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.

If a massage is offered at your retreat please indicate here if you would like to book one.

1 Hour Massage - $70 _____

***** You will need to pay by cash or check to Massage Therapist at time of Massage *****

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!