

Seventh Annual Women's Yoga Retreat

Stella Maris Retreat Center Elberon, New Jersey
Friday Jan 20 - Sunday Jan 22, 2012

Friday evening: buffet supper: 6:00-7:30 p.m.
Opening Program: 8:00 p.m.
Closing Ceremony: 1:00 p.m. Sunday

Balance: Your Body, Mind and Spirit

Cost: \$325 Deposit: \$100 (non-refundable) due Dec. 1, 2011

(\$350 after December 1, 2011)

Register early: we were full last year !!

Price includes all meals, single room with hall bathrooms

Cynthia Mathis, ERYT, teaches a compassionate, yet challenging practice of yoga. She opened Unity Yoga in 2001.

Mary Saraco, RYT, certified in Integral Yoga, guides her students on their own inward journey to gain flexibility and reduce stress in the mind and body. Students are able to turn inward and pay attention to sensations within the body, calming the mind and activating the relaxation response with all its healing benefits.

Janna Peterson, RYT 500, has a passion for anatomy, physiology and the therapeutic application of yoga, especially restorative yoga. She encourages her students to find their optimal pose, teaching the fundamental components of each pose using props, modifications and breath-work.

Audrey Oxenhorn Clymer, Licensed Clinical Social Worker, has been working for the last 30 years as a psychotherapist in New Jersey working with individuals and in group settings. She has a unique ability to view physical and emotional problems as opportunities to understand ourselves. She offers practical support and strategies to help you feel happier, healthier and more contented.

For more information, call Cynthia 908-233-9697 or www.unityyoganj.com

Enclosed is a non-refundable deposit of \$100 made out to Unity Yoga. Mail to 1349 Outlook Dr., Mountainside, NJ 07092

Name _____ e-mail _____ work/cell _____

Address _____ Town _____ Zip _____