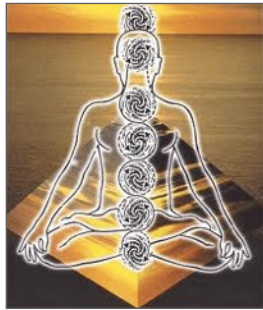


Relax and Reconnect to your Center through yoga, meditation, and creative art with a purpose.



Indulge in a catered 4 course dinner, paired with wine by one of Walla Walla's best wineries, Patit Creek Cellars. (International award winner)



Enjoy a beautiful on site pool, hiking trails, and the never ending scenery that will surround you at AREUS... your Zen-like home away from home.

<http://www.areusyoga.com/index.html>

Join us for a 3 day, 2 night retreat among the golden wheat fields and vineyards of Walla Walla, during their beautiful harvest season!



Location:

AREUS Bed and Breakfast
1903 Smith Road
Walla Walla, WA 99362

Cost:

Double Occupancy all inclusive
only \$467

To reserve your spot or if you have any questions, please email Karen at

KarenFloyd58@yahoo.com

Register before August 10th and receive a free 20 min. psychic reading from Karen.

Retreat Activities Include:

- Meditation
- Breath work
- Three Yoga classes (1-1.5 hours)
- One 30 minute individual yoga consultation
- Creative expression class; art project to take home
- Discussion on energy, grounding, and being present

(all classes are optional)



Meals Included:

- Buffet dinner Friday night
- Breakfast Saturday and Sunday morning & a 4 course dinner and wine pairing Saturday night at Patit Winery *(vegetarian options available)*

Walla Walla offerings:

- Hiking
- Swimming
- Shopping... antiques, boutiques, art galleries
- Visiting local, international award winning, wineries... maybe even having a few sips
- Eating at world renowned restaurants