

Silent Yoga Retreat



Join us on Friday December 13-15

for a weekend of stillness and yoga.

Guided meditations, yoga classes for all levels interlaced with quiet walks on the beautiful grounds of the Capuchin Retreat Center.

We rarely have the opportunity to truly unplug from our world.

Give yourself this gift as it will fill you with a feeling of equanimity and peace.

This is a perfect way to enter into the holidays

Please register with Red Lotus Yoga 248-601-9642. cost \$285.

Relax

95 acres to roam on beautiful paths, a warm fireplace with comfy couches nearby for reading, rest and reconnection

Renew

You will have a comfortable private room and bathroom. All meals are provided and will be delicious, healthy vegetarian

Unplug

Please arrive by 6 p.m. on Friday to check into your room and be ready for dinner by 7:00.

For several years, Red Lotus Yoga and other like minded yoga studio owners have been partnering to bring silent retreat into the lives of hundreds of yoga practitioners. If you are new to yoga or an advanced practitioner, this retreat will offer you the quiet you need to transform and reconnect. Our web site listed below will have the schedule for the weekend and feel free to call Brian with questions. It takes less strength to stay busy, it takes great strength to slow down....Join us

To Register, register online or call Red Lotus Yoga
www.redlotusyoga.com 248-601-9642