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# Yoga & Meditation Retreat

July 17-19, 2009

Investment: \$199



**Come enjoy the fun! (pictured: Meditation Retreat 2008)**

In this weekend retreat, practice yoga, meditation, self and group exploration, hiking and a “solo” to enhance your awareness of your true Self. Explore the eighteen lessons in the Bhagavad Gita, each describing an aspect of the process of self-transformation. It is said that the outside world can be mastered only when the inner potentials are systematically explored and organized. CEC’s offered for teachers. Limited Space (in teepees and tents at John and Jeanne’s home in the Pike National Forest)

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**Please complete registration form on back**