



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of **CYA** International



2023 Restorative Retreat

Pine Lake Retreat Center

21725 FL-33, Groveland, Florida 34736

See Pictures of
Retreat Center
on Page 3

Saturday Afternoon, March 18th through Sunday Morning, March 26th

Purpose/Goal To learn, practice, discuss and energize the purpose of your life

Topics

- Morning Session - Choice of Three Types of Yoga Activities
- Mid-morning Discussion - Health and Therapy
- Afternoon Session - Yoga philosophy - YOGA SUTRAS, SAANKHYA, PURUSHA SUKTAM, NARAYANA SUKTAM
- Evening Yoga Practice including DANCE YOGA
- Post Dinner Program - Q/A Social Hour

Activities

- Daily Yoga Practice - different approaches
- Discussions - Health, Spirituality and Naadis System
- Questions and Answers
- Individualized Yoga Therapy
- Must Be Scheduled in Advance

**CLICK HERE
TO
REGISTER**

General Daily Schedule*	
Time of Day	Activity
7:00 - 8:30 am	Choice of Yoga Activity
8:30 - 9:30 am	Breakfast
9:30 - 10:00 am	Personal Time
10:00 am - 12:30 pm	Health and Therapy Discussion
12:30 - 3:00 pm	Lunch Followed by Rest
2:45 - 5:30 pm	Tea
3:00 - 5:00 pm	Varied Topical Presentations
5:00 - 7:00 pm	Yoga Therapy as Scheduled
5:30 - 7:00 pm	Evening Practice
7:00 - 8:00 pm	Dinner
8:00 - 9:30 pm	Q/A Based Discussion/Social Hour

Substitutions
 Allowed without cancellation penalty

Questions:
 Call or Text
 Dawn (813) 335-4508
 dawn.giel@gmail.com

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 TO
 REGISTER**

In-Facility Lodgers*
FULL RETREAT: \$1,305* per person with individual room and bath; \$2,260* for two people sharing a room and bath
PARTIAL RETREAT: \$165* per day per person with individual room and bath; \$300* per day for two people sharing a room and bath
Includes lodging, food service, program attendance costs
Airport pick-up and drop-off available for an additional \$55* per person

Off-Site Lodgers*
\$815* per person for full program attendance
\$125* per day for partial attendance
Includes food service and program attendance costs
Personal responsibility for accommodations and all transportation

Payment Requirements

At least 10% Payment required at registration. Full Payment required at least 30-days in advance. **Checks are to be mailed to Life in Yoga Institute, 1111 University Blvd W, #1306, Silver Spring, MD 20902-3333**

All Payments may be made by check or Zelle (phone: 301-526-8308) to avoid 3% surcharge for credit card payments. Add 3% for Payments through PayPal/Credit/Debit Card.

As a retreat facility, accommodations are designed for functional use. Bring your own toiletries, and if you choose, your own linen/towels as well. Request for change of linen during the stay will incur additional charge of \$7.

Drop-by or short notice (less than two weeks) single or multiple day attendee based on space availability will incur a surcharge to facilitate services and the surcharge will be notified at the time of attendance request.

Cancellation Refund Prior to First Day of Retreat

Full Refund 61 days in advance; 90% refund 60 to 30 days in advance
 50% refund 30 to 7 days; No refund in the last 7-days

Scheduled Therapy Consultation

Available for \$300* ***Prices subject to adjustment for inflation**

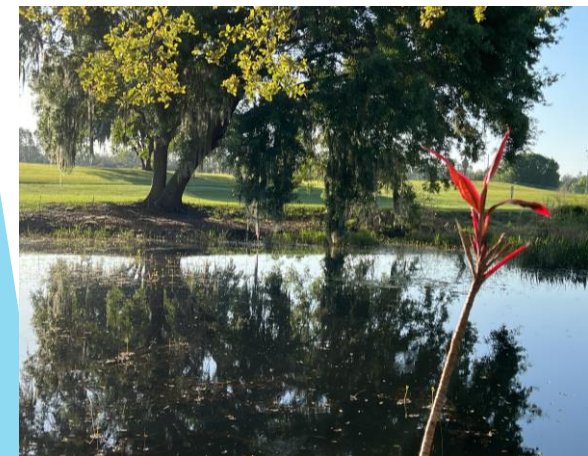
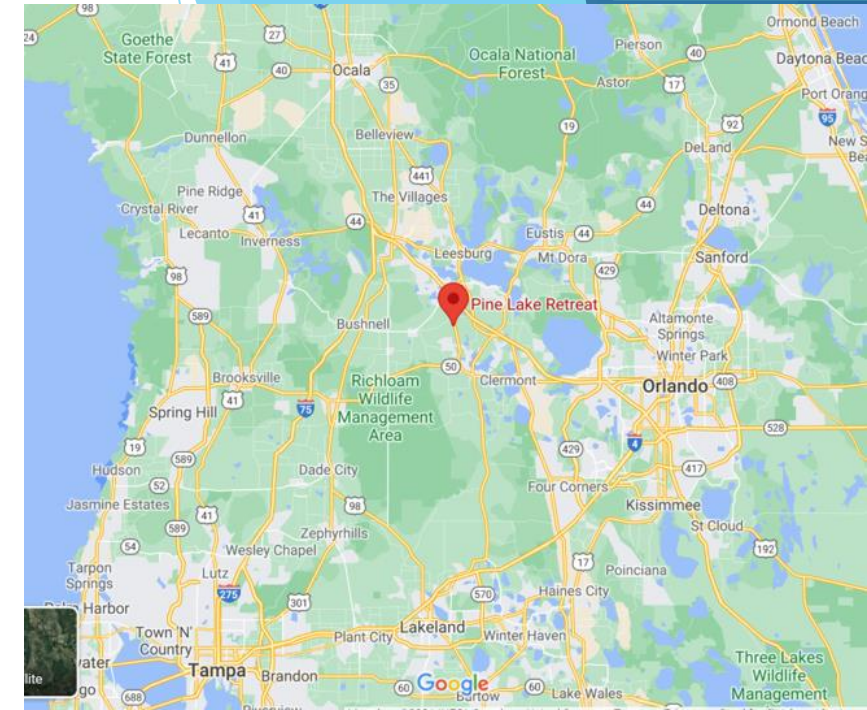
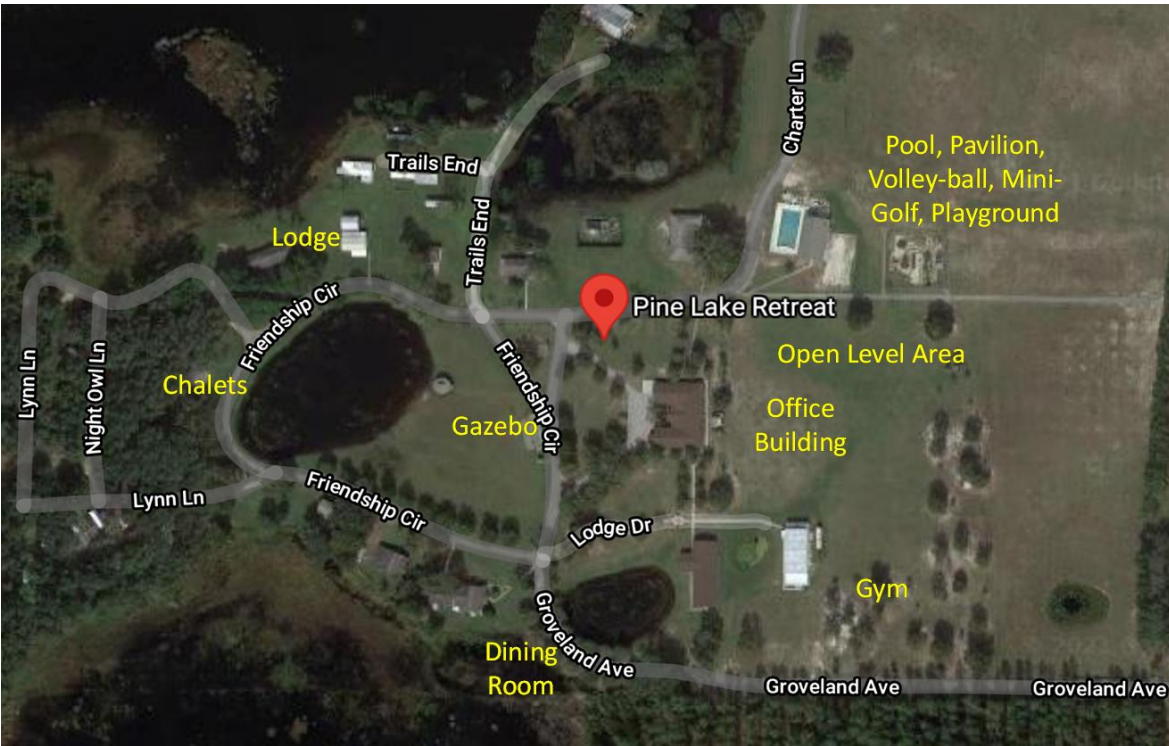
FACILITY NOTES FOR YOUR PLANNING

- Every building has an equipped kitchen and lodgers may be prepared to use them as needed
- Coin-operated laundry is available at the RV Bathhouse - operated with quarters
- Any additional recreational facility use (like swimming pool, jacuzzi, etc.) will incur additional charge
- Food service will be provided during the retreat. It will be fully vegetarian without onion and garlic.
- **For special dietary requirements, please let us know at the time of registration.**
- Please feel free to bring your own yoga mats, although we will have some available on-site for convenience
- A cap/hat for the sun, an umbrella for the rain, and a light jacket may be handy
- Programs will be conducted in the Live Oak Auditorium (Main Office Building) or the Pavilion (next to the swimming pool) based on weather conditions

Pine Lake Retreat Center

< Campus Layout

Location >



< Serene Setting

Main Office Bldg >



< Live Oak Auditorium

Pavilion >



Chalets

2022 Retreat Group

Karma Cleansing

Yogic Gazing

Evening Discussions

