

Joy of Yoga

15th Annual Women's Yoga Immersion Retreat

With Denise Carrico

*...And you -- what of your rushed
and useful life? Imagine setting it all down --
papers, plans, appointments, everything --
leaving only a note: "Gone
to the fields to be lovely. Be back
when I'm through blooming"...*

~ Lynn Ungar

Give yourself the gift of a very special weekend at beautiful Harmony Hill Retreat Center on the Hood Canal.

In the midst of these rushed and challenging times, 'set it all down' for the weekend and immerse yourself in the heart-qualities of lovingkindness, forgiveness and equanimity. Be in the company of other beautiful women for Yoga & Meditation practice, for rest & relaxation, for silence & reflection, for solitude & community, for nature & poetry. And to dive deep into your own 'loveliness'.

Cost includes all Yoga & Meditation sessions, delicious vegetarian meals & accommodations, use of the labyrinths, the numerous surrounding walking trails and the springtime beauty of the Hill in bloom.

The retreat is open to women of all ages (over 18) & levels & experience. Please simply have some introduction to Yoga and no major injuries. Feel free to call with questions regarding your ability to participate.



Denise Carrico, BFA, Certified Integral Yoga Teacher

Denise teaches Yoga for the Cancer Program and also facilitates Wellness Program workshops at Harmony Hill. Her gentle and approachable personality, along with her passion for nature, art and people, brings a loyal following to her classes and workshops. She has taught Yoga nationally and is a certified Yoga instructor and member of the Integral Yoga Teachers Association. Denise is in-residence at Harmony Hill, is an avid hiker, artist and calligrapher, and teaches publically for all populations.

Location:

Harmony Hill
7362 East State Route 106
Union, WA 98592
360.898.2363

Date :

**Friday May 3—
Sunday May 5, 2019**

Cost:

\$625 - Single occupancy

\$525 - Double occupancy

\$375 - Commuter Rate

**To Register Contact: Denise Carrico
om_denise@hotmail.com or call**

360-463-6641

*"Out beyond the ideas of wrongdoing
and rightdoing,
there is a field. I'll meet you there.*

*When the soul lies down in that
grass, the world is too full to talk
about.*

*Ideas, language, even the phrase
'each other' doesn't make any
sense."* *- Rumi*