

YOGA & MORE 607.962.9642

DATE: MARCH 3RD—10TH OR MARCH 10TH—17TH

RETREAT

Come explore St. John with us in MARCH! A beautiful retreat home overlooking the bay. Adventure, Exploration, Yoga, Meditation, Fabulous Food—Snorkel, Swim, Hike, Petroglyphs and more!!!

ST. JOHN

REGISTER AT [HTTP://WWW.SPIRITYOGA.NET](http://WWW.SPIRITYOGA.NET)
OR CALL 607.962.9642 (RETHA) 910.232.8913 (JOAN)
DEPOSIT \$400 EARLY BIRD FEE \$1200 (1/1/2012) \$1500 (12/1/2012)
RETREAT FEE INCLUSIVE OF LODGING, YOGA, FOOD, FUN,
TRANSPORTATION FROM/TO DOCK, EXPLORATION ACTIVITIES.
TRANSPORTATION TO ST. JOHN NOT INCLUDED.
BOOK YOUR FLIGHT TO ST. THOMAS, AND FERRY TO ST. JOHN.

JOAN FARRENKOPF AND RETHA CAZEL

***“JOAN AND RETHA WEAVE A MEMORABLE
EXPERIENCE OF LIFE, FUN & INSIGHT.”***