

# WINTER WEEKEND YOGA RETREAT

## Iyengar Yoga at the Essex Conference Center



Join us for yoga in a beautiful natural setting, good food, walks in the woods, massage, wood heated sauna, whirlpool, outdoor fire circle, and more...

**DATES:** Friday Feb 20 — Sunday Feb 22, 2009

**LOCATION:** The Essex Conference Center and Retreat, Essex MA  
<http://www.eccr.com>

**INSTRUCTOR:** Laureen Rueckner, Iyengar Certified Junior I level

**COST:** \$460 double occupancy , \$510 single occupancy  
 (massage fee not included; small additional fee for sauna & whirlpool)

**SCHEDULE:**

<b>Friday, Feb 20</b>	<b>Saturday, Feb 21</b>	<b>Sunday, Feb 22</b>
check-in 3:00 PM	fruit, tea, coffee 7:00 AM	breakfast 8:00-9:00
yoga 4:45-6:45	yoga 8:15-9:45	yoga 10:45-12:45
dinner 7:00	breakfast 9:45	lunch 1:00 PM
	lunch* 1:00 PM*	
	yoga 4:30-6:30	
	dinner 6:45	
	fire circle after dinner	

\* Bag lunches will be available for take-out

\$100 deposit due Mon, Jan 26 (bring to class or mail to: Laureen Rueckner, 227 Temple St., West Roxbury MA 02132). Remainder due Mon, Feb 9