

WEEKEND WARRIOR YOGA RETREAT

Immerse in Your Practice Weekend Warrior Style.

With Melody Roberts, E-RYT 500



I'm so excited to invite you to join me for this mini, one-day yoga retreat... weekend warrior style! This is an ultra-convenient way to recharge your batteries from the demands of all your daily routines and just soak up some natural wooded beauty and sun, while practicing yoga asana, pranayama, and meditation, eating and sharing nourishing food, and enjoying the company of your yogic community. All this will be on a beautiful pool deck and patio overlooking the pool that is nestled between a wooded landscape and a soft babbling brook. The day will begin with an outdoor flow, invigorating asana and meditation practice suitable for all levels, the afternoon will provide plenty of time for swimming, soaking up the

sun, and lounging by the pool for reflection (please bring towel & swimsuit). In the late afternoon we will share a meal together as a community, participants are asked to bring a dish to share, (grilled items will be provided and grill made available for use). Please bring a cooler for your personal refreshments as well. In the evening we will gather for a spiritual discussion in the round, a yin/restorative practice at sunset, and close with a chance to release anything not serving you well through a fire letting go ritual. Come and experience the healing and rejuvenating benefits of this uniquely accessible yoga retreat.

\$99 Early Bird Investment \$125 after August 18th *Qualifies for CE Contact Hours with Yoga Alliance

Sunday ~ August 25th, 2019

10:00am - 8:00pm

Melody Roberts, BA, CPS, CYT, E-RYT 500, Owner, Director, and Founder of Sacred Path Yoga and Sacred Path Yoga Teacher Training Academy, studied directly under Acclaimed Author, Renowned Yoga Teacher, and Program Director, Rolf Gates. Sacred Path has evolved from a beloved home studio in Melody's residence in 2010, to blossoming in 2014, into a store front location in Shorewood, IL. Melody's mission is to share the ancient healing practice of yoga with her community. She strives to reveal, express, and cultivate the Personal Power of each individual student, while simultaneously facilitating a deeper connection with Universal Love. Over the years, Melody has enjoyed teaching at various studios in the Chicagoland area, and has studied with many master teachers at every available opportunity. She is deeply grateful for all the teachers and students who continue to inspire her to stay and grow on this path.



Retreat held at 806 Ravinia Drive, Shorewood IL 60404

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.