



Springtime Women's Retreat

With

Marsha McClellan & Gretchen Nabors

May 5 – 7, 2017

Sevenoaks Retreat Center in Madison, VA

A little over 1 hour away!

No Yoga Experience Necessary!

Date: Friday, May 5 – Sunday, May 7

Check in: 1 PM Friday

Check out: 12 PM Sunday

What: Yoga, meditation, fire circle drumming, labyrinth walking, hiking, (over 5 miles of trails) gourmet dining, and more! All among the peaceful sacred grove of huge 300 year old oak trees! Enjoy the beautiful views of the Blue Ridge Mountains.

Location: Sevenoaks Retreat Center is located in the beautiful countryside of Madison, VA. It is located approximately 60 miles from downtown Manassas.

Enter 403 Pathwork Way, Madison, VA into your GPS and follow the directions to a wonderfully relaxing weekend getaway.

Cost: \$425 per person Cost includes linens, 5 gourmet meals, our own yoga space, use of the labyrinth, the Forest Sanctuary. Please provide your own yoga mat, props and journal.

Deposit: \$100 as soon as possible to secure your spot. Balances are due by March 31, 2016. Deposits are refundable until April 4 minus a \$50 cancellation fee.

Checks/cash only. **Make checks out to: The Yoga Connection**

Email theyogaconnection01@gmail.com