

YOGA IN THE NORTH CASCADES!

*Summer Vitality:
Breath, Yoga Asana and
Meditation*

**June 6th-8th,
2014**

Journey into your most vibrant self while practicing yoga and celebrating the beauty of nature! BRING THE FAMILY!!! The North Cascades Institute (AKA the 'American Alps') is a mere 2 hour drive from Bellingham and will be our home for this weekend of nourishing yoga, hiking, food and spectacular scenery!

CHILD CARE DURING 2 YOGA CLASSES IS AVAILABLE AND INCLUDED!!!!

Your weekend will include: Two nights lodging, organic nourishing meals (dinner Friday through lunch Sunday), four yoga asana classes (Friday PM, Saturday AM and PM, Sunday AM), two morning meditations, a guided hike with NCI naturalist, and a workshop on Ayurvedic (the sister science to yoga) practices for whole-being balance in the summer season. You will return centered, nurtured: this weekend promises playful bliss!!!

Rate: \$357 quad, \$367 triple, \$407 double, \$568 single. Some off site camping is available at many nearby campgrounds with yoga only option or yoga-food option available. Please contact for more information.

YOUR FACILITATOR:

Elizabeth Ruff, RYT, LMP, has taught yoga for 11 years, is a Soma Neuromuscular Integration® bodyworker, mountain athlete, artist, gardener, reader and lover of life. Her wisdom of our natural world threads into her yoga classes seamlessly. She excels at the pursuit of play and brings the joy of adventure to each of her yoga classes. Elizabeth weaves ancient tantric teachings into seasonal Ayurvedic yoga practices, creating an experience that will burn through stagnations, leave you balanced and ignite your passion for life. Meet Elizabeth at www.manabodyworks.com.

Space is limited! Call 360-224-2330 or Email Elizabethruff@gmail.com