

Samyak Yoga Seattle presents:

Revitalizing Hatha Yoga Retreat



Dates: Sept 27th-Sept 29th

Venue: North Cascades Institute, Diablo, WA

Price: \$295 – \$410 depending on accommodation choice

Includes: meals, lodging, yoga supplies and all classes

Led by: Samyak yogis, Jess Frank and Siri Larson

For more info, contact: SamyakSeattle@gmail.com

A weekend of rejuvenation, relaxation, and healing through traditional Hatha yoga practices including asanas (postures) practice, breath work, guided meditation, and an introduction to yoga theory.