

Sleeping Lady Renewal Spring Yoga Retreat -Prices include: **Room, Amenities & All Meals**

Dates: April 24 – 26, 2020 – Friday through Sunday with Shayann Hoffer-Pauley RYT500

Rates are as follows: The yoga instructor fee would be an additional \$120.00*

BEST PRICE would be to share with 2 others for a **Total of \$544 for ALL WEEKEND**

Triple Occupancy - Rate per person for two nights/all meals and use of the resort assuming three people occupy a room - \$424.37, which includes taxes but not gratuity. **This would be the scenario for three people sharing a room.**

Double Occupancy – Rate per person for two nights/all meals and use of the resort assuming two people occupy the room - \$479.52, which includes taxes but not gratuity. **This would be the scenario for two people sharing a room.**

Single Occupancy – Rate per person for two nights/all meals and use of the resort assuming one person occupies the entire room - \$644.97, which includes taxes but not gratuity. **This would be the scenario for someone that wants the entire room to themselves.** In the event there is a spouse/partner attending who is not part of the yoga retreat, there would be an additional \$313.78 for the meals for both days.



YOGA Schedule :

24 th - Fri. Evening	Yoga Session 1hr -- 5pm - 6pm
24 th - Fri. Evening	Restorative Sound Bath 1hr -- 8pm - 9pm
25 th - Sat. Early Morning	Meditation & Gentle Session 1hr - 6:30am- 7:30am
25 th - Sat. Morning	Yoga Session 2hr - 8am - 10am
25 th - Sat. Early Evening	Yoga Session 2hr - 4pm - 6pm
26 th - Sun. Morning	Yoga Session 2hr - 9am - 11am

YOGA Fee= \$120* (9+ hours of yoga) For Registration & More info: shayann_hoffer@yahoo.com

Give yourself a weekend of renewal where you can deliberately slow and soften within the seasonal change, and prepare yourself mindfully this Spring. If you haven't been to Leavenworth at this time of the year, you will fall in love with its beauty – the crisp air and arrival of spring color all backed by the strength of the mountains and the fluidity of the river. It is a truly grounding place and uplifting in its majesty.

The yoga offerings during the weekend will include both active yoga practices and deeply restful practices.

Choose what classes you wish to take so that you tailor the pace of your special weekend in this luxurious resort setting. There will be plenty of free time for you enjoy the spa options & nature activities.

Our guest rooms feature a warm, welcoming décor that reflects the mountain elegance of Sleeping Lady's architecture, and are well designed for multiple occupancy. Rooms are furnished with a hand hewn desk and equipped with complimentary Wi-Fi access and network connections. All rooms include coffee makers with a selection of organic and Fair trade coffee and teas. By design, guest rooms do not have televisions, refrigerators or mini bars.

An integral part of Sleeping Lady is the culinary experience. The Kingfisher Restaurant & Wine Bar features gourmet meals created with the freshest local ingredients, many from Sleeping Lady's own two-acre organic garden. The Grotto Bar, with its Terrace and Waterfall is an intimate after-hours gathering place with petroglyph-laced rock walls a great place for guests to relax and unwind at the end of the day.

The breathtaking beauty of Washington's Cascade Mountains, superb cuisine and accommodations in harmony with nature create a destination like no other. Located just two hours from Seattle and nestled into the forests on the banks of Icicle Creek, Sleeping Lady offers inspiring outdoor spaces and art, as well as beautiful guest rooms and meeting venues.

For more information: www.shayann.massageplanet.com & www.sleepinglady.com

North Central Washington offers endless [recreational opportunities](#), all within a short walk or drive from our doorstep. There is also a [myriad of activities and attractions](#) to see nearby. Our strategic teambuilding partner, [Compass Outdoor Adventures](#), makes getting your team outdoors, active, and most importantly, engaged easy – take a peek!

