

# ROOT REBOUND REFLECTION

## YOGA RETREAT

September 20-23, 2018

The Lodge at Oak Creek Ranch

Yoga is the method by which the restless mind is calmed and the energy directed into constructive channels." – Light on Yoga

Please join Yvette and Stacie on this retreat with a sense of curiosity to unearth the workings of the body through yoga postures, meditation, and breath.