



**YOGA IS THE PRACTICE OF
CELEBRATING WHAT IS!**

Yoga is a way to access our spirituality through our bodies. At Twin Pines Yoga Retreat we will celebrate the practice of yoga and each other. We will immerse ourselves in healing yogic practices, healthy and mindful eating, and the beauty of nature. Leaving our technological distractions on mainland, we will re-awaken to our connection to the elements of air, space, water, fire and earth.

Come practice and celebrate with Mary St Onge, RYT-500 and Certified Yoga Therapist.



2010 DATES

Saturday, September 11 afternoon arrival

Wednesday, September 15 noon departure

Twin Pines Yoga Retreat is located 7 1/2 hours north of Des Moines, 4 hours north of Minneapolis and 1 1/2 hours northeast of Duluth.

Pick up service at Gruben's Marina on Arrowhead Point Road ten miles off Highway 169 on Highway 77.

To learn more about Lake Vermilion visit lakevermilion.com

**TWIN PINES YOGA RETREAT
PINE ISLAND
LAKE VERMILION
TOWER, MINNESOTA**

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TWIN PINES

YOGA RETREAT



❁ STRONG BODY - QUIET MIND ❁

Come experience a return to balance at a Northwoods island yoga retreat. Through mindfulness practice, communion with nature and each other we will connect with the deepest truth about who we are.



Welcome to Twin Pines Yoga Retreat



DAILY YOGA RETREAT OFFERINGS

Two yoga classes

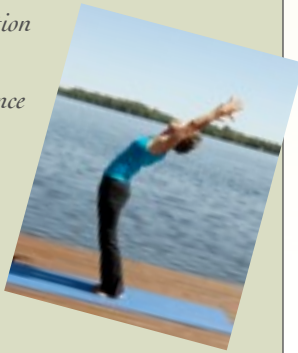
One chanting and meditation session

Three hours of Noble Silence

Seva (selfless service)

Sauna

Massage \$80 (not included in package)



RECONNECT WITH NATURE AND YOUR INNERMOST NATURE

Picture yourself in the beautiful Northwoods on an island in a rustic, cozy family cabin. Smell the pines, listen to the water lapping against the rocky shore and the plaintive call of the loon.

Nurture yourself with twice daily yoga classes on the dock over the water or in the yoga yurt. Hike the island, canoe and kayak the lake or spend time in quiet reflection on the deck watching eagles fly overhead. Come melt away the busyness of everyday life as you discover your undistracted, compassionate spirit.

Come with friends or meet new ones as our small group (10 maximum) explores the study of yoga.

JUST SO YOU KNOW

Every effort will be made to accommodate your lodging preference. Two bathrooms serve the retreat compound. There is a \$100 non-refundable deposit upon booking to hold your reservation. The balance is due 30 days in advance of retreat. There is a 50% refund if cancellation is less than 21 days before retreat.

Yoga classes are mixed level so all abilities welcome. Retreat site is rustic and requires good physical condition to negotiate rocky, hilly terrain and climb in and out of boats.

Women-only retreat

Enjoy three delicious, vegetarian meals daily infused with Shakti and love.



LODGING & PACKAGE PRICING PER PERSON

MAIN CABIN	ROOM W/ QUEEN SHARED	\$650
MAIN CABIN	ROOM W/ TWO TWINS SHARED	\$650
MAIN CABIN	DAYBED IN LOUNGE SINGLE	\$650
SAUNA CABIN	QUEEN FUTON	\$650
SAUNA CABIN	QUEEN LOFT	\$650