

Charlestown Yoga & The International Host: Winter Yoga Retreat 2010

February 19-21

- Immerse Yourself in Yoga & Learn to Snowshoe
- Enjoy Wine Tasting Sponsored by Nashoba Valley Winery
- Pamper Yourself with a Spa Treatment

Package Includes:

- Free Snowshoe Tour • 2 Nights Lodging • 6 Amazing Meals
• 8 Yoga Classes (Variety of Styles) • Wine Tasting • Evening Entertainment
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Join Boston area teachers from Charlestown Yoga, Back Bay Yoga, Durga Studio, North End Yoga, & Union Studio, (Andover):

Teachers:	Studios:
Sue Lynch, Karen Fabian, Keri McIntosh & Jean-Bernard Lazaro	Charlestown Yoga
Nicoline Valkenberg	Back Bay Yoga
Jen Sundeen	Durga Studio
Alessandra Miele & Alicia Orr	North End Yoga
Suzanne Dimeco	Union Studio

Cost: Share a room for \$399; Single Rooms \$499

Friday Afternoon Pass: \$50
(includes a yoga class, dinner & wine-tasting)

Saturday Day Pass: \$175
(includes all yoga classes, snowshoeing, 3 meals & evening activities)

Sunday Day Pass: \$125
(includes all yoga classes, snowshoeing, & 2 meals)



Class Pass: \$20

* Spa services available.



The "International" is New England's Premier Golf Resort and Lodging Destination just 40 minutes from Boston in picturesque Bolton Massachusetts. Space is limited. **Deadline for registration is February 7th.**

Go to charlestownyoga.com to sign up today!