

# Meditation and Yoga Retreat - Oct. 13th-15th

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Experience a weekend of **Reflection, Restoration, and Healing** at the breathtaking, peaceful natural surroundings in Northern MI.

**Location:** Song of the morning Retreat Center, 9607 Sturgeon Valley Road, Vanderbilt, MI 49795

**Schedule:** October 13th, 6pm till October 15th, 1pm

**Cost:** Retreat Fee \$260 + Accommodations - \$50-\$175 per person per night(includes meals).

**Limited Space! Please register early!**



**The wealth and wisdom of Yoga and Meditation is boundless. As we carry on our journey, we find the wealth far more than we could have ever imagined! Don't stop! Keep going!**

Meena Puri

For more info, visit [www.TheYogaSchool.com](http://www.TheYogaSchool.com) or [www.AyurvedicHealingCenter.com](http://www.AyurvedicHealingCenter.com)  
**248-685-3489**