

*Have you always wanted to try yoga?
Ready to learn alignment that will safely take your
practice to a new level?*

EMBODYING YOGA THROUGH NATURE: A YOGA RETREAT FOR BEGINNERS
February 9 - February 11, 2018

In this workshop you will learn the basic foundations for a simple, safe, effective yoga practice. This practice will leave you feeling strong, confident, and peaceful. You'll learn a variety of techniques to empower you to keep your body vibrant, healthy and pain-free.

The 2.5 hour sessions will consist of breaking down the actions in the poses to keep you safe. Modifications will be given specifically for your body. Randy will also weave the life-affirming theme of aligning with nature into each session.

Treat yourself to a yoga retreat at Adventures on the Gorge, named one of the top adventure resorts in the country!

COST OF \$256 INCLUDES:

- 4 Yoga Sessions
- 2 Continental Breakfasts
- 2 Lunches
- Dinner on Saturday
- Optional 2 Nights of Lodging
(begins at \$346 for double
occupancy)

LEARN MORE: <https://yogaonthegorge.com>

TO REGISTER: Call (800) 252-8874 or email
c.wagner@onthegorge.com at Adventures on the Gorge



Instructor *Randy Boyd* is a certified Yoga Therapist, certified Yoga for Osteoporosis, and WV Ashaya Yoga Teacher Trainer Director. He is a highly-trained yoga teacher who holds yoga workshops throughout the Northeast. Randy teaches with an open heart, passion, and with scientifically-based, bio-mechanical alignment that helps students overcome muscular skeletal pain.