

Yoga Summer Retreat



Join us July 29 - July 31, 2011

Guided meditations, yoga classes for all levels, walks on the beautiful grounds of the Capuchin Retreat Center and Vegetarian meals will have you feeling centered and balanced. 95 acres of nature with many secluded spaces for quiet reflection.

We all know what it's like to work really hard. Do we know what it's like to truly retreat? Give yourself this gift so you can go back to your life with a fresh perspective, a clear mind and a healthy body.

\$255 per person

For more information go to: www.LivoniaYogaCenter.com and check out the News & Events!

Please Pre-Register at

Livonia Yoga Center

19219 Merriman Road • Livonia
248.957.8989

Red Lotus Yoga Center

1900 S. Livernois • Rochester Hills

Northville Yoga Center

200 S. Main • Northville
248.449.9642



Capuchin Retreat is located on 95 acres of gentle meadows and woods offering opportunity to renew your peace of mind and reconnect with your spirit.



You will have a comfortable private room with private bath. Vegetarian meals with vegan opportunities too.



Arrive by 6:00 p.m. on Friday, dinner will be served at 6:30. We will be in silence from Friday night to Sunday at 11:00 a.m.