

**"There is one thing no
one can ever take
away from you:
The growth you attain
through your own
search for
Self-knowledge."**

GROWING IN ALL DIRECTIONS

A weekend yoga retreat at Camp Asbury

*with Mike Curtis, Margot Milcetic, Heidi
Shaffer & special guest David Pratt*

Cost is \$165 per person before September 20th
for lodging and vegetarian dining service.
\$175 after September 20th.

- Location is Camp Asbury in Hiram, Ohio
on 540 acres of beautiful land.
- We will each share a room with 3 others, furnished
simply with beds and mattresses. Please bring
sheets, pillows, towels, blankets, a yoga mat,
a flashlight, & an umbrella.
- Check-in time is 5:00 pm Friday
 - Check-out by noon Sunday
— no lunch served

Questions? Contact Mike Curtis (330) 499-2863,
or Margot Milcetic (330) 296-3863



**6990 Whipple Ave. NW
North Canton, Ohio 44720
(330) 499-2863
www.theyogaplaceohio.com**

**Friday, Oct. 1st to
Sunday, Oct. 3rd, 2010**

This yoga weekend retreat includes:

Four multi-level yoga classes led by Margot
and Mike.

Develop the capacity of the mind to see inward
in Peaceful Silence & Meditation

Breema and The Nine Principles of Harmony

Exploration, Observation & Acceptance.

Call and Response Chanting with
Breathing Room.



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Cost: \$165 before September 20th. \$175 afterwards.

Return this form with check made out to:

**The Yoga Place
6990 Whipple Ave. NW, North Canton, Ohio 44720**

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ **E-mail:** _____