



Thank you for your interest in the Be Luminous Yoga Fall Retreat. This retreat is one of our favorite offerings of the year, bringing together a committed group of yogis for a weekend of fun and rejuvenation. This particular retreat offers practitioners an opportunity to enjoy longer yoga practices and integrate deeper meditation, while creating lasting connections with fellow yogis.

Why go on retreat? A retreat is literally an opportunity to retreat from the busyness of daily life. By pulling away from your typical routines and the people who depend on you, you have an opportunity to reconnect with yourself and gain perspective. Retreats can be both freeing and rejuvenating, sometimes full of insight, but not always without challenge. In fact, it is our hope that this retreat will take you to a new edge of growth – in whatever fashion that makes sense for you—that will inspire you.

While we offer some retreats that are yoga vacations in nature, the Fall Retreat includes a special focus on meditation and spiritual connection. Each yoga session includes seated meditation instruction. We will also include optional group activities—some playful in nature, and others more contemplative.

You will have ample time in the day to hang out with friends and explore the beautiful surroundings in Leavenworth. Sleeping Lady Resort is nestled at the bottom of Icicle Creek canyon, with lovely grounds, a pool and a hot tub. The Larch trees are in full color this time of year, and the canyon offers wonderful hikes for all motivation levels.

When you sign up for this retreat, we ask for your full commitment. . It is our intention to build a safe haven where each of us can be authentic, while fostering a community of joy and delight. We find it disjuncting to the group energy when folks leave early or skip sessions. Thus, we ask that you sign up with the intention to be there from beginning to end and show up fully.

We are looking forward to a spectacular weekend with you all, and appreciate the opportunity to share what we love with you.

Sincerely,
Michel & Scott
Be Luminous Yoga



Be Luminous Yoga

Come home to your power.

Fall Retreat Sample Schedule

Thursday

Noon - 3:00 pm	Arrive & Check-In
3:30 - 6 pm	Opening Practice & Meditation
6:00 - 7:30 pm	Dinner
7:30 - 9:00 pm	Opening Circle

Friday

6:00- 8:15 am	Morning Practice & Meditation
8:15 - 9:00 am	Breakfast
9:00 - 3:00 pm	Free Time or Optional Practices
Noon - 1:00 pm	Lunch
2:00 - 3:00 pm	Longer Afternoon Meditation - Optional
3:00 - 3:30 pm	Posture Clinic (modifications, questions, etc...) - Optional
3:30 - 6:00 pm	Afternoon Practice
6:00 - 7:30 pm	Dinner
7:30 - 8:30 pm	Optional Evening Activity

Saturday

6:00- 8:15 am	Morning Practice & Meditation
8:15 - 9:00 am	Breakfast
9:00 - 3:00 pm	Free Time or Optional Practices
Noon - 1:00 pm	Lunch
2:00 - 3:00 pm	Longer Afternoon Meditation - Optional
3:00 - 3:30 pm	Posture Clinic (inversions) - Optional
3:30 - 6:00 pm	Afternoon Practice
6:00 - 7:30 pm	Dinner
7:30 - 8:30 pm	Optional Evening Activity

Sunday

6:00- 8:15 am	Morning Practice & Meditation
8:15 - 9:00 am	Breakfast
9:30 - 11 am	Closing



Tuition & Refund Policies

We have a limited number of rooms in each category, which will be filled on a first come, first served basis. Sign up early to receive your first choice.

<i>Bunkhouse</i> (women only)	Sleeps 8 in separate bunks, two showers	\$575-625 Includes <ul style="list-style-type: none">• 9 meals• 3 nights lodging• 6 yoga classes• optional activities
<i>Triple Occupancy</i>	Three plush single or full beds with one shared bath in a cabin	\$670-715 Includes <ul style="list-style-type: none">• 9 meals• 3 nights lodging• 6 yoga classes• optional activities
<i>Double Occupancy</i>	Two plush double beds with one shared bath in a cabin	\$730-775 Includes <ul style="list-style-type: none">• 9 meals• 3 nights lodging• 6 yoga classes• optional activities

Registration & Refund Policies

Please call the studio at 206.682.9642 to register and confirm that the housing option you would like is available. At the time of registration you will be asked to provide:

- 1) A non-refundable \$150 deposit before October 4, 2010. Full payment will be due by October 4, 2010. Payment plans can be made available at the front desk.
- 2) A Signature of Understanding & Waiver

Your deposit will not be completed unless you return the signature of understanding and waiver, and your spot will not be held.

Refund Policy: Your deposit is non-refundable. Please sign up only if you truly believe you will be able to attend. A full refund of your full payment, minus your deposit, is available to you on or before October 3, 2010. After October 3rd, you are eligible for a refund, minus your deposit, ONLY IF we can sell your spot to another person.



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Come home to your power.

Signature of Understanding & Liability Waiver

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. Physical activity carries with it certain inherent risks, however, that cannot be entirely eliminated. As is the case with any physical activity, the risk of injury, even serious or disabling, may be present in a yoga practice. I hereby assert that my participation in yoga classes with Be Luminous Yoga LLC., is voluntary, and that I knowingly assume all such risks.

I recognize it is my responsibility to practice modifications during each yoga practice, and to back out of a pose gently if I feel pain or discomfort. I also take responsibility for speaking with the teacher if I come to class with injuries, or I am pregnant.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Be Luminous Yoga LLC., or The Yoga Lodge.

I have read and understood this assumption of risk. I acknowledge that I am signing freely and intend my signature to complete the assumption of the inherent risks of participating in the yoga provided by Be Luminous Yoga LLC.

I also have also read and understood the registration and refund policies. I understand that by registering for this event I am making a commitment not only to myself, but the group, to participate in all of the yoga sessions and group activities that are not otherwise marked as optional.

Printed Name of Participant

Signature of Participant