

WINTER YOGA RETREAT

with Nancy Boler

Christine Center, Willard, WI

January 19 - 22, 2023

This retreat will offer many opportunities to deepen your yoga practice, your meditation practice, and your relaxation practice. The retreat begins Thursday evening at 5:30 dinner and ends on Sunday after brunch around noon.

Friday and Saturday schedule:

early morning meditation

morning yoga class

afternoon yoga

evening meditation and dharma discussion

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The Christine Center is located approximately two and a half hours from the Twin Cities in the tranquil woods of Willard, Wisconsin. Situated on 120 secluded acres, the Center grounds offer hiking and skiing trails through the woods. Inside the Main Guest House is a spacious dining area, a beautiful yoga studio with domed ceilings, skylights, large windows that look out to the woods, and heated hardwood floor. Meals are vegetarian and delicious.

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Cost of the Retreat:

My intention is to make this retreat as financially possible as I can to all people. I am separating the cost into two parts. The first cost is the fixed cost of **housing and 9 meals**. Please let me know if you have any dietary restrictions. You can also choose to provide your own meals which would lower this cost. The second cost is your payment towards me for the classes offered.

Please begin by choosing your housing option below:

First Cost

Guest Room in Main Building

These rooms are in the Main Building so you are just down the hall from the dining hall and yoga studio. They feature two twin beds, with private baths and skylights.

Double occupancy \$440 per person

Modern Cabin

These are located throughout the forest just a short walk from the Guest House. All have electricity and heat and range in size. Beds are in a shared space. They also have a bathroom and small kitchenette.

Single occupancy \$585 Shared cabin \$480 per person

Guest Room in Modern Cabin

Similar to the Modern cabin but beds are in separate bedrooms. You will have a private room in a house. Kitchen, bathroom, living room space is shared.

Private room \$515 Two person room \$440

Rustic Cabin

These cabins have electricity and heat - no running water - a porta-potty which you are responsible for if you use it. Showers are nearby.

Single occupancy \$390 Double occupancy \$345

Second Cost

This will be your donated amount towards me. In the past I have charged a fixed amount of \$200 - but I wanted to explore the tradition of dana (giving freely). It is near impossible to place a fixed number on the price of the teachings and what the teacher offers. So, as part of your spiritual practice I encourage you to reflect on what amount works best for you. You may use the \$200 as a suggested donation amount - however, please know that what matters is that you give what feels best in your heart. No amount is too small or too large.

Registration

FULL First Cost is required to reserve your space. If you need to pay in installments, you can. Second Cost may be paid before the retreat or after the retreat.

For retreat questions or TO REGISTER please contact:

Nancy Boler 612-724-7311

e-mail: nancyboler@hotmail.com

(do not use nancy@boleryoga.com)