

FEBRUARY

9-11



A la carte:  
All 4 sessions  
+ 1 private  
coaching  
\$150

*The rhythm of the body, the melody of the mind  
and the harmony of the soul create the symphony of life.*

*-B.K.S. Iyengar*

# LIFE BY DESIGN

## Winter Yoga Retreat

### Talkeetna, Alaska

Join *Two Jays Yoga Adventures* for an unforgettable weekend of yoga, life coaching and self reflection. The power of positive thinking and visualization can attract anything we truly desire. Connect, deepen and explore what is at your core and leave feeling awakened to what your passion and purpose in life might be.

Arrive Friday night between 5-6 PM & check in to the cozy cabins at Susitna River Lodge. Our yoga sessions will be held just down the road at the Susitna River Institute.

\$320- First 8 Registrants, or \$350

Price includes- lodging, 3 days of yoga, 1 personal life-coaching session and a weekend of transformation and self growth. Potluck dinner Friday and Saturday night; bring meals or dine in Talkeetna for the rest. All cabins equipped with kitchenettes.

To register or for more information please go to [yogamaitriak.com/retreats](http://yogamaitriak.com/retreats) or call Jennifer - (907)982-4321 or Jenni (907)354-0848