



***Welcome Spring with Yoga, Ayurveda, Meditation, Nature***

***By Ileana Gonzalez, Ayurvedic practitioner***

Spring Retreat @ Seven Oaks Retreat Center, March 27- March 29, 2015

Join me along with two talented yoga teachers from Beloved Yoga for our Annual Spring Treat in the serene natural beauty of the Blue Ridge Mountains! The weekend journey will energize and inspire you to commit to a new beginning full of opportunities– Spring.

**Our Rejuvenating Getaway Includes:**

- Accommodations for two nights
- All Meals & Programs
- Energizing Yoga classes to suit all levels
- Guided Morning Meditations
- Ayurveda – The Art of Self-Care
- Connecting to your Authentic Self
- Restorative Yoga & Yoga Nidra
- Mindfulness teachings and practices
- Group dialogue and discussions
- Outdoor yoga hike and walking meditation
- Yoga art, Evening Kirtan Jam and fire circle

Additionally, I will be offering Ayurvedic Treatments and consultations throughout the weekend, at reduced cost.

Register [here](#) today! Spaces are very limited

**Fees:**

**\$450/person (shared room)**

**\$550 private room**

**\$75 deposit to reserve your spot**

**Additional fees for treatments:**

[Abhyanga](#) full body oil massage \$75

Marma energy therapy \$60

Consultation \$75

Facial \$50

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*Two Talented Yoga Teachers*



Vasanthi Srinivasan

Vasanthi believes that yoga is a sacred tool that can be utilized by all beings to reach their full potential and recognize their true nature.



Carlos Salazar

With the support and structure that Yoga brings into his life, Carlos is often amazed at the ability to move past boundaries and limiting beliefs on the mat and in his daily life.