

SAVE THE DATE

September 14-17, 2023

Lake Superior Barn, Maple, WI

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*stillness  
presence  
awareness  
beauty  
divine love*

# The Essence of Embodiment

WOMEN'S YOGA RETREAT



REGISTRATION BEGINS FEBRUARY 14, 2023

LEARN MORE AT [95YOGAHOUSE.COM/YOGARETREATS](https://95yogahouse.com/yogaretreats)

HOSTED BY: JEN DAVEL, 200 HR RYT & DANITA NELMS, 500 HR RYT



# *The Essence of Embodiment* **WOMEN'S YOGA RETREAT**

HOSTED BY: JEN DAVEL, 200 HR RYT & DANITA NELMS, 500 HR RYT



Set on 320 acres of private wilderness and Lake Superior shoreline, you will enjoy everything this secluded space has to offer. From nature walks to sacred circles and cold plunges, let nature surround and heal you.

*Yoga*

*Connection*

*Co-creation*

*Stillness*

*Nature Immersion*

*Meditation*

*Reiki*

All activities are optional.  
Also available: hot tub, sauna, paddle boards, etc.

**SEPTEMBER 14-17, 2023  
LAKE SUPERIOR BARN  
MAPLE, WI**



**LEARN MORE AT**

**95YOGAHOUSE.COM/YOGARETREATS**

**REGISTER BY JULY 1, 2023 ON MINDBODY**