



Meditation and Yoga Retreat Registration

Enter the date you are registering for: _____

Friday 6:00- 7:30pm, Saturday 8am to 3:30pm and Sunday 8am to 3:30pm

Sessions of guided meditation will be interspersed with workshops on chakras, breathing techniques and restorative and moderate vinyasa flow yoga. You will receive handouts on meditation techniques, yogic breathing techniques and yoga posture flows. Stay on site and experience the full inner centering of this renewable energy oasis. We are located in the beautiful country of central Wisconsin. Two nights stay included in the stay on site fee as well as breakfast Saturday and Sunday mornings and a catered lunch Saturday and Sunday and a catered dinner Friday and Saturday. Participants will enjoy free time to explore trails in the wooded hills and open fields.

Name: _____ Today's Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Email Confirmation Ok? Yes No

Retreat Title

Fee

Meditation and Yoga, circle one of the options below.

2 Nights w/ dinners, shared rooms \$335, No lodging, breakfasts or dinners \$195 Total:\$ _____

Amount Enclosed: \$ _____

We take checks or Credit Cards. Make Checks payable to Artha Sustainable Living Center LLC.

Name on the Card: _____ **3 Digit Validation #** _____ **Expiration Date:** _____

CC # _____ **Signature:** _____

Please complete form, enclose registration total payment or deposit, and mail to: Artha Sustainable Living Center, 9784 County Road K, Amherst, WI 54406 or Fax to 715-824-5389 with CC information.

Questions? Call our office at 715-824-3463 or email info@arthaonline.com.

Visit us on the Web at: www.arthaonline.com