



*Magical Maui
Lush Gardens
Lovely Tiled Pool*

*Meditation Paths
Two Hot Tubs
Outdoor Lanai*

Yoga in Paradise

Yoga Retreat

January 26 – February 1, 2002

With Mary Bersagel and Judy Louie

A special invitation to indulge yourself to a week in Maui enjoying Yoga and relaxing in Paradise. Open to all levels of yoga practice. Our intention is to have fun!!

Retreat includes:

- 2 Daily Yoga classes (Bikram & Hatha)
- Posture clinics.
- 6 nights simple yet elegant lodging.
- 2 Delicious vegetarian meals per day.
- Special activities including Hawaii Luau.
- Optional day trips – including Whale Watching, surfing and hiking in and around the volcano – Haleakala.
- Massage, Watsu and Accupuncture available on site.
- Meditation

Instructor:

Mary Bersagel, RN – Director of Ballard Firehouse Yoga Studio in Seattle, WA.
Judy Louie, LMP – Director of Bikran Yoga Kauai.

Retreat Fee:

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|----------------------|------------|--|
| • Dorm room | \$ 950.00 | } Registration and \$500 (non-refundable) deposit asap to assure space in program. Balance due January 5, 2002. Half (1/2) of deposit refundable, if you cancel before January 1, 2002. (Book your own flight) |
| • Semi-Private (2-3) | \$1,150.00 | |
| • Private | \$1,395.00 | |

Questions and Information:

www.firehouseyoga.com / 206-769-8102

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