

REAWAKEN – RESTORE – REJUVENATE A WOMEN'S RETREAT

SATURDAY, SEPTEMBER 15TH, 2012
THE COLOMBIERE CENTER IN CLARKSTON
DETAILED ITINERARY



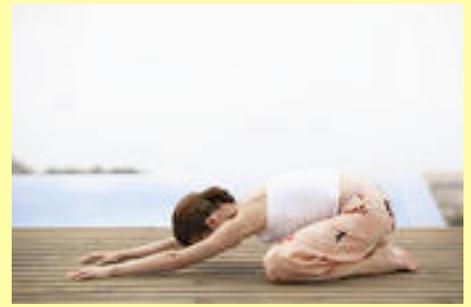
Saturday, September 15th

- 9:00 a.m. Check in
9:15 – 9:30 a.m. Pranayama and silent meditation
9:30 – 10:30 a.m. Gentle yoga practice
10:30 – 12:30 Free Time
Enjoy this time to allow for personal reflection. Feel free to check out the beautiful 420 acres with hiking trails or the indoor labyrinth for personal meditation and contemplation.
- 12:30 – 1:15 Lunch – Vegetarian Meal
1:15 – 1:30 p.m. Pranayama and silent meditation
1:30 – 3:00 p.m. Review and discussion “The 8 Limbs of Yoga”
3:00 – 3:15 p.m. Coffee/Tea Break
3:15 – 4:15 p.m. Mixed level yoga
4:30 – 5:15 p.m. Guided Chakra Opening Meditation
5:30 – 6:15 p.m. Dinner – Vegetarian Meal
6:30 – 7:30 p.m. Discussion on Healthful Living
7:30 – 8:00 p.m. Guided Metta Meditation (Loving Kindness)
8:00 – 8:15 p.m. Closing

Cost of this Day Long Retreat is \$140.00
Please see cancellation policy in waiver.

A WOMEN'S RETREAT SEPTEMBER 15TH , 2012

WHAT TO BRING



This is a time for you to reawaken – restore - rejuvenate, so keep that in mind when packing for your retreat. You will be provided with a double occupancy room with sheets, blankets, pillow and towels. You will be using a shared, dormitory-style bathroom. Please bring your own toiletries. The meals will be vegetarian, however, if you have any special dietary needs, please let me know.

Please arrive by 9:00 a.m.

Items to bring:

- Your yoga mat and any props you like to use (block, strap, bolster, etc.)
- A meditation cushion or blanket (optional, for your own comfort)
- Yoga clothing
- Walking or hiking shoes
- Clothing that is weather appropriate for outside activities such as walking or hiking

Please keep in mind that we are here to retreat. We are dedicating this entire day to self-discovery, intuitive awareness and personal growth. We are trying to connect with our inner Goddess as well as other women. With that in mind... please avoid bringing the following items:

- iPod
- Laptop, iPad, etc.
- Alcoholic beverages or other intoxicants

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WAIVER

By signing this waiver I acknowledge the following:

1. I am participating in the Women's Yoga and Meditation Retreat offered by, Jasmin Cromwell/Pathway Partner during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga and Meditation Retreat. I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation in the Women's Yoga and Meditation Retreat.
3. I understand that if I am pregnant, I will take necessary steps to ensure my doctor and health care providers know I am participating in this Women's Yoga and Meditation Retreat. I assert that I am of fit health to participate in the Yoga and Meditation Retreat and will alert all Yoga Teachers whose sessions I participate in that I am pregnant.
4. In consideration of being permitted to participate in the Women's Yoga and Meditation Retreat, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the retreat, including any and all activities done with the Women's Yoga and Meditation Retreat group (through Jasmin Cromwell/Pathway Partner), or as an individual at Colombrie Center.
5. In further consideration of being permitted to participate in the Women's Yoga and Meditation Retreat, I knowingly, voluntarily and expressly waive any claim I may have against Jasmin Cromwell/Pathway Partner and Colombrie Center, and their staff, for injury or damages that I may sustain as a result of participating in the retreat. I, my heirs and legal representatives forever release, waive, discharge and covenant not to Jasmin Cromwell/Pathway Partner, or the Colombrie Center and its staff for any injury or death caused by their negligence or other acts.
6. CANCELLATION POLICY - I understand that 25% of the registration fee is non-refundable. Further, should participant cancellation occur within 15 days of the event for any reason, I forfeit all fees. Should participant cancellation occur within 30 days of the event for whatever reason, only 50% of the total fee is refundable. Should the event be canceled by Jasmin Cromwell/Pathway Partner or the Colombrie Center, all fees will be refunded back to participant. I understand that I will be charged a \$50.00 fee (in addition to the check amount) if my check is returned for NSF. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree and confirm being invited to consult legal counsel before signing below.

Signature of Participant

Date