



# Loving Within

## Fall Yoga Retreat for Women

### October 5-8, 2017

This 4-day retreat is about inner nurturing. There is laughter, sharing, quiet personal reflection, and time in nature. Yoga is facilitated outside under the pavilion while enjoying the beautiful mountain range views. Truly "Loving Within!"



Fort Lewis Lodge is your destination in the mountains of Bath County, Virginia for unique architecture, outdoor adventure and healthy cuisine.



Retreat: Register with a friend (\$400 each) or Individual (\$500).  
Lodge/Meals: \$115 per night plus 10% sales tax.



**Mary Straub Pargas, M.A.** is a certified Yoga Therapist and a Resident in Counseling for The Center for Relational Health, providing programs and counseling services that invite mind-body integration and holistic wellness.

**REGISTER ONLINE: [RelationalHealth.net/mary-straub-pargas/](http://RelationalHealth.net/mary-straub-pargas/)**