

# Women's Yoga Retreat

When: June 3<sup>rd</sup>-5<sup>th</sup>

Price: \$150.00

Janice Doubleday Certified Yoga Instructor

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Located at Temenos Retreat Center

[www.temenosretreatcenter.org](http://www.temenosretreatcenter.org)



*Spend a peaceful weekend breathing in the tranquility of the woodland in Shutesbury, MA. Nature and Yoga combine for an overall healing and relaxing experience. Choices throughout the day include walking the still landscape, journaling, sharing in yoga asanas or taking time for personal reflection. Find more information at the retreat website [jandoubleday.wix.com/yogainnature](http://jandoubleday.wix.com/yogainnature)*

*This Event Not Sponsored By Shutesbury Elementary School*