

**You're invited to a Yoga Retreat**  
**at Kripalu Center for Yoga and Health**  
**& 20% off accommodations July 18-20, 2014!**



**Treat yourself to a relaxing yoga vacation!** Join us for this special trip to the world-renowned Kripalu Center in Stockbridge, Massachusetts, the largest retreat center for yoga and holistic living in the US. Coordinated by local yoga teacher Tara Schroeder of Green Turtle, participants can choose from a variety of yoga classes, take part in experiential workshops, unwind in the whirlpool and explore the Berkshires with Kripalu's affordable group discount pricing. A trip to Kripalu provides:

- A chance to thoroughly unwind from daily stresses
- Complete relaxation through yoga postures and breathing
  - A deeper connection to your yoga practice
- Healthy meals all prepared for you (dinner Friday through lunch Sunday)
  - Clear focus and sense of perspective
  - Space and time to reflect on life

Register as a member of "Tara Schroeder's Group" and receive 20% off room and board (dormitory or shared housing) during your stay. As a member of our group, you are invited to design your own stay,

spending as much or as little time with the group as you'd like. Choose from a vast selection of inspirational workshops (<http://kripalu.org/program/date/2014-07-18>) or simply R&R (optional daily yoga classes, hot tub, spa, three amazing and healthy meals a day, outdoor excursions, dance, and much more - <http://kripalu.org/article/118>). See pricing details on reverse. Let me know if you have any questions, and please feel free to pass this invitation along to anyone else you think would be interested in joining our group. The more the merrier!!

Tara

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#### PRICING DETAILS:

The group discount entitles you to 20% off dormitory or standard shared housing (2 people/room with shared bathroom). The total cost of the weekend depends on which program you sign up for and the kind of housing you choose:

-R&R: For a weekend retreat, the R&R program with dormitory accommodations comes to \$328.80 (as opposed to \$368 without the discount), which also includes meals and many activity options. R&R with standard shared accommodations would be \$376.80 for the weekend (compared to \$426). You can see more information here: <http://www.kripalu.org/article/118>.

-Other Programs: The 20% group discount would apply to the cost of accommodations (so for example, dormitory accommodations would cost \$156.80 for the weekend instead of \$196, and a standard shared room would be \$204.80 instead of \$254), and then you would pay the program tuition for your particular program on top of that. Two examples: [Float Your Yoga: A Stand Up Paddleboard Weekend](#) = \$250 tuition, \$406.80 total with dorm accommodations, or \$454.80 total with standard shared room. [Mother Daughter Yoga Weekend](#) = \$210 tuition, \$366.80 total with dorm accommodations, or \$414.80 total with standard shared room. [Yoga for Emotional Balance: Healing Anxiety and Depression](#) = \$230 tuition, \$386.80 total with dorm accommodations, or \$434.80 with standard shared room.

See a list of programs: <http://kripalu.org/program/date/2014-07-18>

TO REGISTER:

Call the Kripalu Registration Department at 800-741-7353 or 413-448-3152. Be prepared to give the following information:

\* Group name: Tara Schroeder's Group \* Program you wish to attend (or R&R) along with dates of stay (July 18-20). \* The type of accommodations you would like. \* A credit or debit card number with the expiration date.

Note: A 50% deposit on the stay is due at the time of registration. The group discount is applied to each registration approximately one week prior to arrival and the balance is then charged automatically to the credit card. Confirmation letters mailed out right after registrations are made will not reflect the group discount, but the balance that is charged to your credit card in the week prior to your arrival will.

Registrations are accepted and made on a "first-come, first-served basis." This means Kripalu does not hold or set aside program or accommodation spaces for group members. Be sure to register early, as weekends can fill up quickly!