



# Cayenne AND Honey

## SPRINGTIME YOGA RETREAT

SUNRIVER RESORT | TUESDAY, MAY 30 THROUGH SUNDAY, JUNE 4, 2017

*Honey is sweet and soothing.*

*Cayenne is spicy and hot.*

*The mornings start with sweet and soothing meditation and gentle yoga flow.*

*Then, hot yang power yoga for hot and spicy energy flow.*



A DESTINATION® HOTEL

the start of unforgettable.

### PACKAGE PRICES:

Lodge Village Guestroom (single) \$2039  
Lodge Village Guestroom (double) \$1698 per person

Lodge Village Suite (single) \$2414  
Lodge Village Suite (double) \$1917 per person

River Lodge Guestroom (single) \$2352  
River Lodge Guestroom (double) \$1855 per person

\$125.00 early-bird discount if booked by Feb.15, 2017.

50% deposit at time of booking and full payment due 21 days prior to arrival. No refunds, is transferable

**YOUR PACKAGE INCLUDES:** Five nights lodging, daily lunch, daily yoga session, one dinner, one star-viewing party at the Oregon Observatory, one evening restorative yoga session, and spa credit for two treatments.

Join Master Yoga Teachers Rached Maalouf and Kat Gregory E-RYT at Sunriver Resort near Bend, Oregon. All levels, from beginners to teachers, are welcome to explore who we are, not just what we can “do.”

The daily schedule includes morning meditation, a sweet wake-up gentle stretch or yin Yoga practice to warm your body and wake up your heart and then leading into an active spicy yang Yoga flow designed to meet the level of the student and sprinkled with Yoga mythology and Yoga Sutra.

A delicious and healthy vegetarian meal follows immediately after practice.

The first evening will be spent dining with the universe at our fingertips at the Oregon Observatory with a private Star Party and viewing

The third evening will be spent resonating in a long, luxurious two-hour Restorative Yoga “Restshop” with Sound Healing.

Your afternoons are yours to spend exploring many of the wild and wonderful adventures Sunriver Resort and Central Oregon have to offer.

Your package includes time to pamper yourself at Sage Springs Club & Spa. Evenings may be spent at Sunriver Resort enjoying the many sumptuous dining options, or hit Sunriver Village for even more dining and shopping venues—all within walking distance. You can also plan nights of fun in Bend, just 15 minutes away, where you can visit one of the many local microbreweries or local restaurants.

**PLEASE CALL 1-800-547-3922 TO BOOK YOUR SUNRIVER YOGA RETREAT**