

# Fall Yoga Retreat with Lauren Davis Art of Natural Living Retreat Center & Blue Heaven Spa Boone, NC October 23-26, 2015

Treat yourself to an amazing long weekend in the mountains of NC

- 2 Yoga classes each day
- 3 healthy and delicious vegetarian meals each day
- Use of the Exercise and Steam Rooms
- Hiking trails, a walking Labyrinth and evenings around the fire pit
- Saturday Night Meditation and Kirtan/Chanting
- Pottery Class
- Time for rest and relaxation

Additional services available to our guest include:



**The Blue Heaven Ayurvedic Spa** (the only Ayurvedic spa in the Southeast) offers a full spectrum of spa services as stimulating and healing as the surrounding mountains. Reservations are encouraged prior to your arrival and a 15% discount is available if 10 or more guests register for services.



## Choice of Accommodations

**Hotel Rooms** - Located on a valley ridge in the Spa, these rooms offer great views the sunrise and mountains. Hotel rooms feature more amenities, private bathrooms and either full or king size beds. Limited numbers of rooms are available

Hotel Double Occupancy - \$600.00

Hotel Single Occupancy - \$700.00



**Retreat Rooms** - Comfortable and simple, hillside rooms feature twin beds and private bathrooms. They are located along the Eastern mountain slope and are a great option for those who desire peaceful relaxation accompanied by the music of the mountains.

Retreat Triple Occupancy - \$475.00

Retreat Double Occupancy - \$525.00

Retreat Single Occupancy - \$650.00

Prices above are for a 3 nights/4 days; also includes 3 meals a day plus 6 yoga classes.

(Special pricing for 2 nights/3 days or for a non-participating partner.)

For questions or concerns contact Lauren Davis at

[lauren@laurendavislive.com](mailto:lauren@laurendavislive.com)

or 925-683-5623

A **\$250 Deposit** is required to reserve your space: checks should be made out and mailed to :

Lauren Davis - 3803 Palmetto Dr. Myrtle Beach, SC 29577

Remainder of retreat fee must be **paid in full by September 1, 2015.**

No refunds after October 1st unless space can be filled



Lauren Davis (E-RYT 500) started teaching yoga in 1994. She was the co-founder of a yoga studio in Northern California where she taught for 10 years. She performed in a yoga dance company, has led many retreats both domestic and international and has taught several teacher training programs. Her background is Iyengar Yoga but she teaches many different styles and fuses them together to create a wonderful variety of classes from Yin to Vinyasa. Lauren teaches challenging classes but understands the individual needs of people's specific issues and has many alternatives so you can trust that she will create a safe space. After living in California for 30 years, she now resides in Myrtle Beach, South Carolina.