

REVIVE!

YOUR PRACTICE

YOUR BODY

YOUR LIFE!

AUGUST 11TH-14TH, 2011

A YOGA RETREAT
WITH MELISSA SPAMER, ERYT
AND
SOUND HEALER
JENNIFER NESBIT HOLT

GILCHRIST RETREAT CENTER
THREE RIVERS, MI
\$325



Join us for a retreat that will re-inspire your practice, rejuvenate your body and bring restoration to the soul. Everyday Melissa will lead a creative flow yoga class in the morning, and each afternoon she will take you into a restorative yin flow class accompanied by tibetan singing bowls, played by the gifted sound healer, Jennifer Nesbit Holt. Every afternoon is open for rest, long walks through acres of rolling hills, contemplation, writing or creative process. Jennifer will also be available for private sound healing sessions, for an additional fee (please book in advance at the time of your registration). The retreat includes all yoga sessions, wisdom circles, materials and afternoon raw juice elixirs.

The retreat cost does **NOT** include lodging or meals. We ask that you bring your own groceries as a fully equipped kitchen is available in each cabin, and communal kitchen at The Hermitage. Please reserve your cabin or room at one of the following retreat centers:

GilChrist Retreat Center - 269-244-1130

www.fetzer.org/retreat-facilities/gilchrist/gilchrist-overview

The Hermitage Retreat Center - 269-244-8696

www.hermitagecommunity.org/about/rates.html

To REGISTER for this retreat see attached registration form or download the registration form at:

www.lotusintheflame.com/michigan-usa/

Contact Melissa with any further questions : melissa@lotusintheflame.com 512.743.9208

RETREAT SCHEDULE:

BEGINS THURSDAY AT 7 PM FOR OPENING CIRCLE & YOGA NIDRA

FRIDAY-SATURDAY 9-11:30AM CREATIVE ~ SOLAR FLOW YOGA

4-6PM RESTORATIVE YIN FLOW WITH SOUND HEALING

SUNDAY

9-11:30AM CREATIVE ~ SOLAR FLOW YOGA

3-5PM RESTORATIVE YIN FLOW WITH SOUND HEALING

& CLOSING CIRCLE



Melissa Spamer, E-RYT 500, LMT, C. Ayu. has been practicing yoga for eighteen years. She completed her first certification to teach yoga in 1997, and has been consistently teaching yoga for thirteen years. She has completed more than six teacher trainings since then. Her approach to yoga is very organic and weaves together a rich tapestry of inspired teachings from such celebrated teachers as Angela Farmer, Rama Jyoti Vernon, Shiva Rea, Kali Ray and the students of Desikachar. She feels incredibly blessed to be carrying the light of yoga beside so many radiant beings in this great ocean of Awakening. To learn more visit: www.lotusintheflame.com



Jennifer Nesbit Holt is a certified Tibetan Bowl Sound Healer and Yoga Instructor. The gift of yoga was shared with her by both her maternal and paternal grandmother. She later found her footing on the yogic path of service and entered teacher training. Jennifer celebrates the vibration of sound for optimum balancing of the Chakras. Jennifer privately studies with Tibetan Singing Bowl Master, Shree Krishna Shahi, Cynthia Cunningham and Vibrational Alignment Therapist, Joy Gardner. She opened Sacred Streams Center of Yoga & Healing in Austin, Texas to serve others. To learn more visit: www.sacredstreamsyoga.com/soundtherapy