

# Yoga Nidra Retreat

A winter retreat of self nurturing with community, connection and quiet contemplation: December 12 - 14 (Wednesday - Friday)



Resting in Darkness...Full of Light

December 12 - 14 (Wednesday evening through Friday brunch)

With Iris Mickey at the Christine Center, Willard, WI (an easy 2 hour drive north from Madison)

Tuition: \$200, plus meals and lodging (sweet cabins or private rooms)

Join Iris for this retreat to embrace the inner light. Even at times of greatest darkness, we have access to our innate goodness, love and light.

We will use a variety of practices from yoga to explore and enhance this inner light of consciousness.

Practices suitable for all levels and will include daily asana, yoga nidra for self inquiry, chanting and seated meditation. Start 2019 with the practices that will sustain you and fill you for the winter months and throughout the year!

TO REGISTER or with questions  
about housing and costs :

You may either call [715.267.7507](tel:715.267.7507)  
or email [christinecenter@tds.net](mailto:christinecenter@tds.net).

About retreat: Contact Iris:

[yogamickey@gmail.com](mailto:yogamickey@gmail.com) or  
608-446-4600