

*Immerse Yourself in Nature
Yoga, Art and Ecology*



**March 2-8, 2013
Big Island of Hawaii**

Join yoga teacher Dennis Eagan and artist Andie Thrams for a week of yoga, art and the ecology of the Hawaiian Islands as we explore the relationship between those practices and nature. The weeklong package costs \$1250 (based on double occupancy) and includes:

Six nights lodging at Your Hawaiian Retreat, based on double occupancy



Three delicious meals each day

Two yoga classes a day

One art class each day

A \$400 dollar deposit reserves your space for this intimate retreat (maximum of 12 participants).
The balance is due January 2nd, 2013

Checks can be made to Dennis Eagan or Andie Thrams
PO Box 304
Coloma, CA 95613

To contact Dennis:
dennyeagan@gmail.com or 530 626-6353

Andie:
andiethrams@earthlink.net or 530 6626-6181