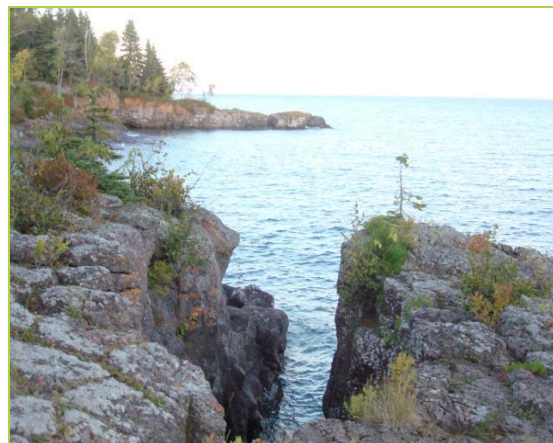


ANUSARA RETREAT

Lake Superior Yoga Retreat with Amber Huttner
June 3-6, 2010
Surfside on Lake Superior Resort in Tofte, Minnesota

Welcome to your glorious North Shore getaway! The big water of Lake Superior beckons you to remember your own endless power and greatness. Imagine the grand vista of Lake Superior with endless waves crashing rugged shore, sun and soft blue sky sporting sounds of gulls overhead. Together we will immerse ourselves in the wonder and beauty of this area to create an unforgettable weekend celebrating good friendships, good living and your own journey of life. With Lake Superior as inspiration your yoga practice takes on the element of water. Fluid, powerful, sweet and nurturing, you are guided into the big wave and ride it all the way to shores of deep delight, peace and contentment. Please join us —It's all good! —Amber



Join certified Anusara yoga teacher, Amber Huttner at Surfside on Lake Superior in Tofte, MN where you can pamper all your senses in luxurious accommodations and sumptuous living right on the shores of Lake Superior.

We will be offering a daily extended Anusara yoga practice designed to strengthen your connection to the natural magic and beauty within and all around you. There will also be time for you absorb the beauty of Lake Superior on your own or take advantage of the spa services available to you at Surfside.

Located in the heart of the Lutsen/Tofte area, just a three-and-a-half-hour drive from the Twin Cities, Surfside on Lake Superior is set against the backdrop of the Sawtooth Mountains, surrounded by Lake Superior and the magnificent Superior National Forest. Take a look at the amazing accommodations and views at surfsideonsuperior.com.

Retreat Leader: Amber Huttner is a highly trained and well-known teacher, certified in Anusara yoga in 2001. She brings a wealth of technical expertise along with humor, compassion and heart-felt instruction to her teaching. Her students benefit from her enormous enthusiasm for life and dedication to helping them laugh, learn, grow and appreciate their lives on every level.

Good Life Yoga
18285 Minnetonka Boulevard
Deephaven, MN 55391
952-913-6557
goodlifeyoga.com

Dates: June 3-6, 2010

Arrive at Surfside on Lake Superior on Thursday, June 3 by 4:00 p.m.

Depart on Sunday, June 6 by noon.

Yoga schedule:

June 3—Twilight yoga restorative

June 4 and 5—Morning yoga from 9:00 a.m. to noon

Afternoon yoga from 4:00 p.m. to 6:00 p.m.

June 6—Morning yoga from 10:00 a.m. to 11:30 a.m.

Accommodations: We will be sharing 3 bedroom, 3 bath condominiums —each condominium has one semi-private and two private bedrooms.

Meals: All meals are included, from Thursday dinner through Sunday breakfast. Meals are group style except for breakfast. All rooms stocked with serve-yourself breakfast fare. Please let us know if you have any dietary needs.

Cost:

Upper level loft w/two double beds—\$700.00 per person

Main floor Master Suite with King bed— \$750.00 per person

Lower level Royal Suite w/King bed (includes spa tub and private patio)—\$800.00 per person

Costs includes lodging, meals, and yoga.

Spa treatments are available at your own expense. Deposit of \$500 holds your space, with the balance due on May 1, 2010.

Reservations: Call: 952.913.6557

Email: Amber@goodlifeyoga.com