

# pathless yoga



## Pathless Yoga Retreat Registration Form

Willow Springs, MO  
October 19-22, 2017

**\$550 (\$625 after September 14)**  
single room, shared bath

**Cancellation Policy:** Cancellations 60 days before the retreat will receive a refund less a \$50 processing fee. Cancellations between 60 and 30 days will receive refund less a \$100 processing fee. No refund can be made within 30 days of the retreat unless your place can be filled from the waiting list.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Signature \_\_\_\_\_

Checks or money orders in US funds made payable to:  
**Mary Menefee**

**Send registration & payment to:**

Mary Menefee  
1719 Soplo Rd SE  
Albuquerque, NM 87123

[www.pathlessyoga.com](http://www.pathlessyoga.com)

## Pathless Yoga Retreat Details

This 3-day silent retreat begins with dinner on Thursday, October 19 and ends with lunch on Sunday, October 22. \$550 cost includes 3 nights single accommodation and 9 vegetarian meals.

**Retreat size:** This retreat is limited to 25 people.

**Retreat Location:** Ananda Kanan  
3157 County Rd 1670  
Willow Springs, MO 65793

The retreat center is situated on 66 acres of rolling hills near Willow Springs, MO in the ruggedly beautiful Ozark Mountains of south central Missouri. Dedicated solely to contemplative practice and inner work, the center invites silence and contemplation.

**Transportation:** Airport pick-up from Springfield or Rolla may be arranged in advance. Arrangements must be made prior to booking your airfare.

Confirmation, directions and a packing list will be sent via email once your registration has been received.

### Sample Schedule:

6:00 to 7:00am	Personal Practice (optional)
7:00-8:00am	Breath Sensing and Quiet Sitting
8:00am	Breakfast
9:30am-noon	Body Sensing and Yoga Nidra
noon	Lunch
3:00-5:30pm	Dyads and Discussion
5:30pm	Dinner
7:00pm	Kirtan, Poetry and Quiet Sitting

**CEU's:** The 3-day retreat provides yoga teachers who are members of Yoga Alliance with 21 contact hours.