

# Whitewater Rafting & Yoga Retreat

PAI Yoga and Fitness & Laurel Hodory (Guest Yoga Teacher)

Lower New River, West Virginia ~ June 17-19, 2011

Spouses, partners and friends are welcome! Open to all levels of yoga students.

Wild, Wonderful West Virginia is sometimes called the Colorado of the East. Lucky for us, it's only a few hours from Columbus! Come and enjoy a weekend of relaxation and celebration with your yoga friends in the great outdoors. We'll combine the thrill of rafting on the Lower New River with yoga sessions designed not only to build your strength, but also to soothe your muscles after the weekend's challenges. We'll set up camp Friday night, then spend the Saturday morning on a yoga mat, getting our arms & abs ready for the whitewater adventure in the afternoon. After grabbing a hot shower, we'll enjoy a dinner at DiOGi's Mexican Grill in one of America's "Coolest Small Towns," Fayetteville. Later, we'll head to the Red Dog River Saloon for some live music, or back to the campsite for some R&R. With a little inspiration, we might even get a kirtan going around the campfire! On Sunday, we'll start the morning together with a meditative yoga practice followed by a delicious brunch. Afterwards, it's off to beautiful Summerville Lake for hiking and swimming, weather permitting.



## COST (per person):

## Regular Price

## Early Bird (register by May 1)

BYO Tent	\$385 PP	\$355 PP
Platform Tent/ Double, Triple, Quadruple*	\$415 PP	\$385 PP
Platform Tent/ Single	\$445 PP	\$415 PP

*\*Participants must sign up with their own roommate(s)*

This amazing deal includes two nights of camping, two days of yoga, whitewater rafting trip, and gluten-free meals from Saturday morning until Sunday brunch (vegetarian/vegan options available upon request). Please bring your favorite beverages and snacks for the campfire, plus a bit of extra cash for tipping your river guide, cash bars at DiOGi's and The Red Dog River Saloon, specialty coffees at Sunday brunch, and souvenirs/rafting photos. Participants are responsible for their own transportation and must bring their own pillows, blankets, and/or sleeping bags.

## Registration

To register, please submit a \$150 non-refundable deposit to PAI Yoga & Fitness with your completed registration form (on reverse) by May 1st. Balance due on June 1st. We will raft regardless of weather conditions, rain or shine. Participants may bring their own wetsuits & splash jackets or rent them from the outfitters at an additional cost. A map to the campsite, a list of what to pack, meal selections and schedule will be emailed to you upon receipt of your deposit. Space is limited so register early to guarantee your spot!

## Cancellation and Refund Policy

In the event of a documented medical emergency, you may be eligible for a refund from the outfitters. Arrangements with the outfitter for refunds due to medical emergency are the responsibility of the participant. Due to the nature of booking this event with multiple vendors, registration deposits and fees are non-refundable. However, if you are unable to attend, you may find a replacement to attend in your spot and PAI Yoga & Fitness will gladly transfer your registration to that person upon your request in writing.