



Mayflower Yoga

January 8th – January 10th, 2006

A luxurious escape into resilience



A one day, one or two night workshop in the tranquil Five Star environment of the Mayflower Inn in Washington, CT.

Led by Jessica Bellofatto of Yoga Shanti of Sag Harbor, NY.

This all inclusive program includes classes on Sunday and Monday and all meals and lodging. Space is limited to 16 participants. One night \$550. Two night \$900 based on single occupancy.

For reservations contact The Mayflower Inn.
Please call 860-868-9466.

For information visit www.mayflowerinn.com or www.yogashanti.com.



MAYFLOWER
Inn & Spa