

Weekend Retreat-Inn at the Rustic Gate

Friday, August 16th thru Sunday, August 18th

Dave and Pat Krajovic, and Amy Brusca introduce a journey to a <u>happier you:</u>

Using yoga, meditation, practicing silence and conscious breathing, explore your inner landscape. Walk the labyrinth, drum and just 'BE' at the

Inn at the Rustic Gate in Big Rapids, Michigan.

Lots of free "play" time to enjoy the hundreds of acres the Inn is located on, visit downtown Big Rapids, walk the river path along the Muskegon River, swim/kayak local lakes and lots more.

\$310.00 Single

\$260.00 Double

The trip includes lodging, five meals, and all activities.

<u>Contact:</u> Pat Krajovic (734) 416-5200

relax@BodyWorksHealingCenter.com

www.BodyWorksHealingCenter.com