

Dragon Spirit Arts Presents...



The Fall Restorative... "Retreat by the Sea"!

*A Weekend of Gentle Flow AM & Yin/Restorative PM Yoga
& Qigong Practices, + an soothing Massage...*

Come Restore Vitality, Cultivate Energy & Honor your Temple!!!



When: Friday, October 5th - Sunday, October 7th, 2017!

Where: Minerva's by the Sea Bed & Breakfast in Barnegat Light, NJ!

With: *Gabrielle de Burke-Experienced Certified Instructor of the Internal Arts of Tao Yin Chi-kung/Taoist Yoga, E-RYT Vinyasa Power Yoga, Level I Radiant Lotus Women's Qi-gong with certification/training in Lin-Zi Medical Chi-kung, Tai Chi Chuan, Pa Kua Chang, Animal Kung-fu & more (www.PracticeWithGabrielle.com for further info on Gabrielle)!*

Investment: **Early Yogi Deal Ends 8/17 = \$400 (Shared Room) or \$475 (Single Room)!**
Late Registration Ends 9/15 = \$450/\$525! Space is Limited... First come, First served!!!

Retreat Package Includes:

- 2 Restorative (Yin) Asana Still Yoga/ PM Workshops w/ Chi-kung Component (1.25 hrs.)!
- 2 Gentle (Yang) Vinyasa Flow Yoga AM Workshops w/ / Chi-kung Component (1.25hrs.)!
- 1 Silent Meditation Walk/Hike Mid-day Workshop by the Sea (1 hr. Weather Permitting)!
- 1 hr. Massage (Cranial-Sacral, Thai, Deep Tissue, Myofascial) w/ LMT Jane Sanders-Miller!
- 4 "Slow Food"/ Home-cooked Meals (2 Breakfasts/2 Dinners) w/ Veg/GF options!
- 2 Days/Nights Beautiful Accommodations (short walking distance from the Beach or Bay)!

****Contact Gabrielle de Burke regarding Retreat Registration Payment (\$200 non-refundable deposit required to secure place), Required Participant Registration Form, Payment Plans & questions/concerns about Workshop Activities & Lodging! Email: Info@DragonSpiritArts.com / Phone: 215-914-5614!***

****Contact Emma Lapsansky regarding any questions/concerns about Dietary Restrictions! Email: minervasbandb@gmail.com / Phone: (609) 494-1000 Web: www.minervasbandb.com!***

"Yi Tao...Chi Tao" ("The intention of the Mind...is the path the energy follows...") ~Taoist proverb