



## 2011 INSPIRING RETREATS: SPRING DETOX WOMEN'S WEEKEND

Restore....Refresh....Renew....

Join us for a weekend retreat at **White's Wildwood Lodge** in Chippewa Falls to cleanse your entire being; body, mind and spirit. Detox your body with daily cleansing rituals, yoga classes and freshly prepared, healthy meals and snacks. Purify your mind and spirit with meditation, hiking, journaling, sitting by the fire or finding quiet time on your own. Immerse yourself in the activities or pick and choose from those that interest you and enjoy some of the other attractions the area has to offer. Either way, you will emerge from your stay revitalized and renewed!

### **Tentative Schedule of Events**

#### **Friday:**

- 4:30-5:30pm Registration/snacks
- 5:30-6:00pm Intro to the weekend
- 6:00-7:30pm Detox Flow Yoga (twists) - Tracey M
- 7:45-8:45pm Dinner
- 9:00-10:00pm Henna Party & Games

#### **Saturday:**

- 6:15-6:30am Morning Cleansing Ritual
- 6:30-8:00am Detox Flow Yoga - Tracey M
- 8:00-9:00am Breakfast
- 9:30-10:30am Nature walk/Free time - Tracey M
- 11:00-12:00pm Yoga - Tracey M
- 12:00-1:00pm Lunch
- 1:00-2:30pm Nutritional Cleansing/Detox Discussion
- 3:00-5:00pm Agni (digestive fire) Yoga - Tracy J
- 5:00-6:00pm Free Time
- 6:30-7:30pm Dinner
- 7:30-9:00pm Movie (What the Bleep?)
- 9:00-9:45pm Evening Yoga - Tracy J

#### **Sunday:**

- 7:45-8:00am Morning Cleansing Ritual
- 8:00-9:00am Gentle Yoga - Tracey M
- 9:30-10:30am Breakfast w/Closing Ceremony
- 10:30-11:30am Packing Time/Check out

**Friday -Sunday**

**June 10 - June 12, 2011**

**White's Wildwood Lodge**

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

**Chippewa Falls, WI (1.25 hours from Hudson)**

**\$299 Early Bird pricing** (ends 04/11)

**\$149.50 due at time of registration. Remainder due on date of arrival.**

\$349 Regular registration rate.

**Register Online at [www.InspiringActions.com](http://www.InspiringActions.com).**