



**YOGA RETREAT IN MYRTLE BEACH, SC**  
**APRIL 22-25<sup>TH</sup> 2010**  
WITH  
***Lauren Davis***

The time has come to pack your bags and join Lauren at the beach. Find out for yourself why she always came back here and why she stayed. Come not only for 3 days of yoga, but for golfing, surfing, parasailing, kayaking, and of course my favorite, just lying in the sun and swimming in the ocean.

This retreat offers 2 classes per day all your meals and plenty of time for relaxing. Plan your stay a bit longer and check out Charleston, which is less than 2 hours away.

**FAMILY'S WELCOME**

*This hotel is on the beach, with hot tubs, pools, Cabana boys, hammocks and cocktails, massage, and first class service.*

*The retreat starts 8am on Friday so arrival time is anytime on Thursday*

*Cost for the retreat (includes 5 yoga classes and all meals)*

*\$450 per person*

*Cost for hotel (paid and reserved to hotel)*

*\$179 per room per night (\$89 shared)*

*(The rooms are huge, good to share)*

*\$250 deposit to me to save your space.*

Contact me for non-yoga people prices and the details

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925-683-5623

Check out the Marriott web site at:

<http://www.myrtlebeachmarriottresort.com>