

GLEN IVY PRESENTS

3-DAY WEEKEND RETREAT

with Bhante Sujatha
& Nancy May

MAY 11-13

Celebrate your spirit as you open to grace, joy and light during this unique three-day, two-night yoga and meditation retreat led by Buddhist monk Bhante Sujatha of the Blue Lotus Temple in Crystal Lake, Illinois and Nancy May, founder of Yoga from the Heart. Energize your body, clear your mind and awaken your heart through a weekend of Sutra study, meditation and yoga practice.

Retreat includes lodging, meals, 50 minute massage, spa time, guest classes and activities at the Hot Springs. For more information, or to reserve, please call 951.277.3529 ext. 1181 or request online.



GLEN IVY HOT SPRINGS

Early Bird Pricing

(Before April 30)

Shared Room \$684

Private Room \$784

Regular Price

(After April 30)

Shared Room \$784

Private Room \$884

Picture: Bhante Sujatha of the Blue Lotus Temple

Finding Happiness & Contentment in the Western World

