



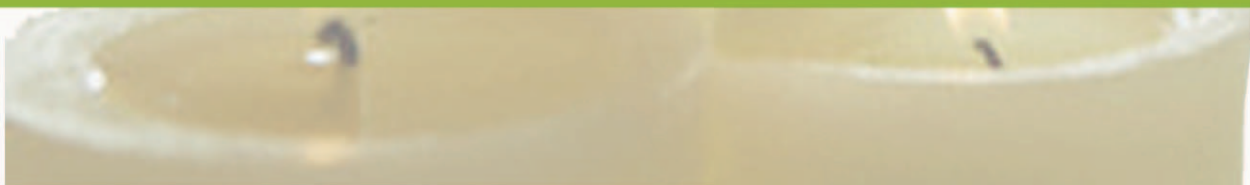
# February Retreat Highland Lake Inn Hendersonville North Carolina

YOGA  
MEDITATION  
SELF-EXPLORATION  
& RENEWAL OF BODY,  
MIND & SPIRIT

GOURMET FOOD  
HIKING  
DAY EXCURSIONS  
REST &  
RELAXATION

**February 6- 10 2013**  
(dinner Wed through brunch Sunday)

Highland Lake Inn is a haven of hospitality, charm and natural beauty nestled in the Blue Ridge Mountains of Western North Carolina. A historic North Carolina resort, Highland Lake Inn rests in a country setting of 26 gently wooded acres on a serene lake, just 25 minutes from Asheville, NC, the Biltmore Estate, and five minutes outside of Hendersonville in Flat Rock, NC. October is peak season



Cost includes 4 nights Lodging  
Breakfast & Dinner prepared by a gourmet chef with fresh organic ingredients  
Yoga and workshops daily  
\$1100 Private Room & Bath



KAREN LOVING, M.AmsAT, RYT has been in the healing arts since 1993; she is certified as an Alexander Technique teacher, CranioSacral therapist and yoga teacher. Her experience working with clients to bring balance and poise to alleviate pain and enhance their quality of life is the intention of her work as a teacher .

LIZ WICKHART, GCFP, RYT is passionate about living a life of vibrancy. Since 1991 Liz has studied numerous forms of bodywork, qi gong, meditation and movement therapies. She has over 400 hours of yoga teacher training and is a Guild Certified Practitioner of The Feldenkrais Method® of Somatic Education. Drawing upon the wisdom of several styles of yoga and movement therapies, Liz provides a well-rounded class for a variety of different needs.