



**Sunday, January 6th • Sacred Sound and Yin Yoga with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event**

**Sunday, January 13th • How and Why to Meditate with Amey Horning  
5:00PM - 6:30PM • \$20 early registration, \$25 day of event**

**Friday, January 18th • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event**

**Sunday, January 20th • Yin Yoga Full Moon in Leo Lunar Eclipse with Michaela and live Music  
provided by Amanda Schwaninger  
6:00PM - 7:30PM • \$20 early registration, \$25 day of event**

**Friday, January 25th • Introduction to Tai Chi Workshop with Bill Chesnic  
6:00PM - 7:30PM • \$25 early registration, \$30 day of event**

**Sunday, January 27th • Beginning Aerial Workshop with Carey  
11:30AM - 12:30PM • \$25, Maximum 12, space limited, must pre-register**

**Sunday, February 3rd • Awakening Sacred Powers through Meditation with Amey  
5:00PM - 6:30PM • \$20 early registration, \$25 day of event**

**Sunday, February 3rd • Connected Breath Circle with Greg and Carey  
6:00PM - 8:00PM • \$30 early registration, \$35 day of event**

#### **TWO DAY RETREAT!**

**Mindful Pain Relief Retreat with Dr. Crystal Frazee, PT, C-IAYT**

**Saturday, February 16th 9:00am - 4:00pm & Sunday, February 17th 9:00am - 3:00pm with a  
break to get lunch at 12:00 • \$299**

#### **THREE DAY RETREAT!**

**Friday-Saturday-Sunday, February 22nd – 24th • A Weekend of Renewal & Awakening**

**Women's Retreat at Riverbend Lodge**

**\$350 shared room, \$250 futon surf**

**Friday, February 22nd • Intermediate Tai Chi Workshop with Bill Chesnic  
6:00PM - 7:30PM • \$25 early registration, \$30 day of event**

**Sunday, February 24th • Sacred Sound Healing Workshop with Greg and Carey  
6:00PM - 7:00PM • \$20 early registration, \$25 day of event**

Visit our website  
[lakeshoreyoga.com/events](http://lakeshoreyoga.com/events)  
for complete workshop and event descriptions