

Amidst the Blue Ridge Mountains

The Art of Living Center is a home and community for yoga and meditation enthusiasts. The retreat center spans 381 acres of lush, forested, mountains with the main meditation hall standing at its highest peak.

The main dining hall is built to offer superb views of the mountains and sunrise. Seventeen residential buildings house retreat guests. The mountain, the view, the silence and the common aspirations bind this unique center together.



"The Lotus Pond Retreats are the most successful, stimulating, and uplifting experience I believe I've ever had. The quality of the program went above and beyond my expectations. I am so appreciative and feel so blessed by the teachers' presence and contributions. This time was transformational."

**-BARBARA ISHIKURA,
HARVARD PROFESSOR OF LITERATURE**

**Immerse yourself in the beauty of autumn in Blue Ridge!
Find your pathway to peace through yoga!**

The Lotus Pond

Center For Yoga & Health

Fall Equinox Yoga & Writing Retreat in the Blue Ridge Mtns.

*Sep 29-Oct 2
Art of Living Center
Boone, NC*



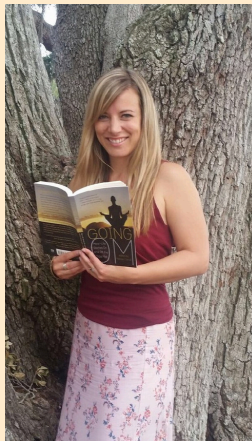
Yoga ~ Writing ~ Hiking



The Lotus Pond
6201 Lynn Road
Tampa, FL 33625
www.lotuspondyoga.com
(813)961-3160

About the Retreat Teachers

Val Spies, E-RYT500 and **Melissa Carroll**, E-RYT500, lead yoga retreats and co-teach the Lotus Pond Teacher Training Programs. Their expertise in teaching yoga combined with intriguing presentations of yoga philosophy and creative guidance in retreat experiences leave students inspired, refreshed, and ready to return home with a new perspective on life.

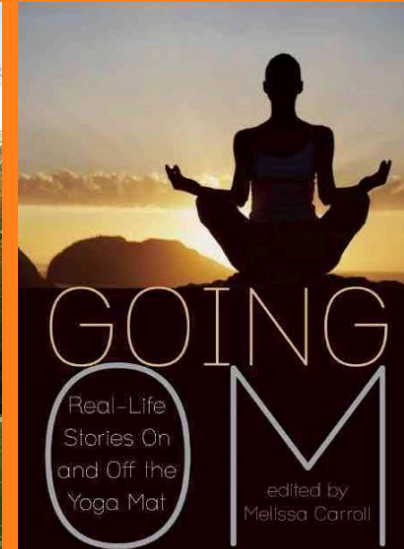


Melissa Carroll,
Writer/Editor of
Going OM



Michelle Owens,
E-RYT200
Professional
Writer/Editor

FALL EQUINOX: YOGA & WRITING RETREAT IN THE BLUE RIDGE MOUNTAINS



Self Discovery ~ Transformation ~ Inspirational Yoga



September 29th - October 2nd, 2017

**RETREAT PRICES STARTING AT \$582 AND VARY ACCORDING TO STYLE OF ROOM
(PRICES INCLUDE TUITION, ROOM, MEALS)**

Lavish in the fall colors of the Blue Ridge Mountains as you relax into the peace and balance of a yoga retreat.

- ~Enjoy morning yoga classes & daily inspirational philosophy talks.~
- ~Creative writing sessions with professional Authors, Melissa Carroll and Michelle Owens.~
- ~Take in the majestic mountain views on a group hike.~
- ~Relax into Guided Meditation.~
- ~Feel nourished by 3 delicious vegetarian meals per day.~
- ~Pamper yourself with spa treatments and time for relaxation.~

The Art of Living Retreat Center - Named the 2016 Wellness Retreat Center by USA Today!