

lodge to lodge
ADVENTURE
september 25th-28th 2008

take time for yourself to
**Rejuvenate &
Recharge**

Connect to something greater than
yourself. Expand yourself in the
grace of community and nature.



www.YogaNorthDuluth.com
218.722.YOGA 888.722.YOGA

*"As a bee seeks nectar from all
types of flowers seek teachings
everywhere. As a deer finds a quiet
place to graze seek seclusion to
digest all that comes before you.
Like a mad one beyond all limits
live like a lion completely free
of all fear."*

Dzogchen Tantra

For more information on
the Superior Hiking Trail:
www.shta.org or www.bwca.cc
& click on "Superior Hiking Trail".

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4628 Pitt Street, Suite 208
Duluth, MN 55804



4 DAYS AND 3 NIGHTS

1 night at LUTSEN VILLAGE
2 nights at GRAND MARAIS
newest accommodations

INVESTMENT

Deluxe \$875
Standard \$775
Sleeper sofa \$675

All Inclusive healthy breakfasts, nice lunches and fine evening dining.

*Alcoholic beverages and transportation to Yoga North not included

Choose daily between shorter and longer hike options, both will be available.

MEET AT YOGA NORTH

Thursday Sept. 25th at 10:00 A.M.

RETURN TO YOGA NORTH

Sunday Sept. 28th at 4:00 P.M.

SPACE LIMITED—REGISTER TODAY!

THE PHILOSOPHY OF RECEIVING

Our Yogic philosophy and focus for the week will be on the process of opening up & receiving what life wants to bring us. We will explore the ways we tighten up and refuse to let both suffering and abundance into our lives. Our intention will be to open ourselves more to life as it is, not as we want it to be. Join us for this fascinating and liberating study.

*"Everything we see has its roots in the unseen world.
The source is eternal, growing, branching out,
giving new life and new joy." Rumi*

THE SUPERIOR HIKING TRAIL

Considered one of the best hiking trails in the country, the Superior Hiking Trail is truly that...Superior. The Superior Hiking Trail (SHT) is a 205-mile long footpath that follows the rocky ridgeline above Lake Superior in northeastern Minnesota. Backpacker Magazine has named Superior Hiking Trail as one of the most scenic trails in the nation (12/2000), with the best trail and "signage" to boot. The trail begins in Lake County and extends along the great Lake Superior through seven state parks. Enjoy breathtaking views of boreal forests, Sawtooth Mountains, babbling brooks, rushing waterfalls, and abundant wildlife.



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Join us up the North Shore on the beautiful Superior Hiking Trail. We will be enjoying Minnesota's autumn colors on the North Shore waking with yoga and meditation, heading out for day hikes on the Superior Hiking trail and returning to our lodge in the evening for yogic philosophy, R&R and our evening meal at one of the North Shore's finest dining establishments. This is a rare and wonderful opportunity.

Co-FACILITATORS:

Ann MAXWELL
and
Deborah ADELE



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