

YOGA RETREAT ONSET, MA



CAPE COD

**SATURDAY, AUGUST 14TH, 2010
(RAIN DATE SUNDAY AUGUST 15TH)
1:00 – 6:30 ISH OR JUST COME FOR
CLASS AT 2:00 - 4:00 PM**

Deborah Jaishree Spielman is a Certified Power Vinyasa Yoga Teacher, Kirtan singer and writer who shares her original workshops the *Chakra Shakti Exploration Series*™ and *Yoga Retreat 'Prem'*™ all

over the globe. Her intention is to connect students to innate strength, wisdom, and joy. Visit her multi-media website www.JAISHREEYOGA.com.

Come to a private 11 acre estate with over 1,000 feet of sandy beach frontage, a natural swimming pond, gentle ocean breezes, 2 hours of YOGA with blue skies & sun.

You are invited to a small (35 person) yoga retreat in Onset, MA (one hour from Framingham before the Bourne Bridge) at 32 Robinwood (not Robinhood for you GPS yogis and you will need to put in Buzzards Bay). Directions to follow.

Arrive around 12:30 -Join us for light lunch of salads & drinks if you like. Socialize, walk the beach & relax till 1:45 pm. 2 hours of YOGA led by Deborah Spielman (back row shaded by deck) on the brick patio area facing the ocean. From 4:00 - 5:30 pm relax on the beach, veg on a raft in the natural pond on the property, read in shaded areas or fish with Capt. Bob Aron who's boat is at the end of the dock shown in the picture above.

If you can, stay for a BBQ at 5:30 pm - Fresh fish if fishing is productive with Capt. Bob, vegetarian burgers/food and other BBQ non-veg. food, soft drinks beer & wine & desserts. Please bring a pot-luck vegetarian dish if you would like to.

Limited to the first 35 to sign up – please don't wait.
Bring your yoga mat, beach towel and bathing suit - all else is provided.

This is a fundraiser with proceeds going to Voices Against Violence, a Framingham women's shelter. TAX DEDUCTABLE donation is \$60/pp or more. Write check to Voices Against Violence and mail to Marlene Aron, PO Box 2807, Framingham, MA 01703 – Please include your email address incase Mother Nature does not comply, and your donation will be fully refundable.

Host - Marlene Aron - ma@metrowestcre.com or 508-740-0000.