

# Experience Renewal

## a Yoga Retreat with Paula Kout

### Where:

The DeKoven Center  
600 21st Street  
Racine, Wisconsin

### More Info:

#### Paula Kout

847-864-9987

info@whiteirisyoga.com

www.whiteirisyoga.com

### When:

Friday, February 24–Sunday, February 26, 2012

### Weekend Includes:

**Yoga** *Appropriate for all levels*

Friday 7:00 pm–8:00 pm *Reception*

Saturday 9:30 am–12:30 pm *Asana*

3:00 pm–5:00 pm *Breathing, meditation, restorative*

7:30 pm–8:30 pm *Pool (optional)*

Sunday 9:30 am–12:30 pm *Asana*

### Meals

Friday Dinner (optional)

Saturday Breakfast, Lunch, Dinner

Sunday Breakfast

### Pricing:

Standard double occupancy room with four meals: \$299

Single room +\$20

Dinner Friday +\$10

Pool +\$10

No cancellations  
accepted after  
February 22, 2012.

### What to Bring:

A mat, two blankets, two blocks, a belt and a belly bolster. If you do not have these, do bring a mat. Wear warm clothing and dress in layers.



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a Yoga Retreat with Paula Kout

## Registration Form

Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_

State and Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Mark any upgrades below:

Double room: \$299

Single room +\$20

Friday dinner +\$10

Pool +\$10

Total enclosed = \$ \_\_\_\_\_

### Payment Method

Check  Visa/MC

Card Number \_\_\_\_\_

Expiration \_\_\_\_\_

Signature \_\_\_\_\_

**Make check payable to and mail form to:**

White Iris Yoga  
1822 Ridge Avenue, Suite 200  
Evanston, IL 60201

