



**--YOMA YOGA OCEAN RETREATS: Fall 2015 & Spring 2016--**  
**Nov. 8-12, 2015 -- May 23-27, 2016 -- [www.yomayoga.com](http://www.yomayoga.com)**  
**Pelican House/Trinity Center/ Salter Path, NC**

*Join Sharon Cournoyer, Certified Yoga Instructor, for an opportunity to remember, surrender and open to what comes from exploring yoga, meditation, journaling & nature.*

**What's included:** 4 nights accommodations, 3 breakfasts, 3 lunches, 3 dinners, twice daily yoga classes, meditation, journaling, labyrinth, opportunity for personal reflection time and exploring the local area. Morgan Beach House venue has been reserved for all classes. All levels are welcomed including beginners and all activities are optional. Non-Yogis can also attend.

**The House:** Beautiful oceanfront home nestled in the woods with beach views from 2nd floor and 360 degree views of ocean and sound from the cupola. Living and dining areas, 3 porches. Short walk through the woods to the beach. Single and double rooms with shared bath/some with oceanviews. All rooms have single beds. Total capacity: 12 participants.

**Trinity Center:** Across the street from the Pelican House is the Trinity Center main campus where the dining room is located and paths to Bogue Sound & pool. [www.trinityctr.com](http://www.trinityctr.com)

**Meals:** All meals included. Buffet style. Dietary restrictions can be accommodated.

**Price:** Fall 2015: \$540 per person in single or double rooms with shared baths. One double room with private bath available at \$550 per person. Deposit of \$100 by check to hold space with balance due 45 days prior on Sept 24, 2015 . Final payment by check or credit card. Complete registration form found at [www.yomayoga.com](http://www.yomayoga.com) & send with payment. Find form under *Retreat & Events* Tab. Room confirmed when deposit is received. Spring 2016: \$555 per person or \$565 pp in double room with bath. Final payment due April 8, 2016.

**Cancellation Policy:** Deposit refundable less \$25 until final payment is due. There are no refunds on or after final payment date unless your space can be filled from a wait-list.

Space is limited! Contact Sharon with questions: [sharoncournoyer@gmail.com](mailto:sharoncournoyer@gmail.com) 919-444-3436

***We are the night ocean filled with glints of light. We are the space between the fish and the moon while we sit here together....Rumi***