



Join us for an enlightening weekend, March 30 to April 1 at the Himalayan Institute in Honesdale, PA for a Meditation Workshop. The weekend will consist of yoga classes, meditation instruction, as well as free time to explore the beautiful premises. This unique experience will relax, recharge and rebalance your mind, body and spirit.

The fee for the workshop is \$125, and rooms/board range from \$65 to \$110 per night (depending on room).

If you would like to join us, please register as soon as possible in order to secure a room. For more information, email Maggie at mrueda@journeyofyoga.com.