



# Shore Spring Retreat

## “SURF the Waves of Life”

Hosted by yoga teacher/trainers  
Prabha Sinha and Sheetal Contractor

Enjoy a weekend of nurturing that includes:

- **Vegetarian/vegan** breakfasts & dinners
- **Shared and Single** accommodations within 1 block of beach and lake
- AM & PM gentle **yoga, meditation & guided relaxation** practices
- **Interactive classes** to help us “SURF the Waves of Life”
- **Free personal time** to enjoy the area, journal, reflect, or simply rest on your own



WHEN: **May 15 - 17th**

WHERE: **Bradley Beach, NJ**

SELF-CARE INVESTMENT: Ranges from  
**\$595-725 depending on accommodation**

Limited space so get details and reserve  
your spot TODAY by contacting

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