

YOGA RETREAT

WITH

Linda Cicero
ON A PEACFUL FAMILY FARM



THE COUNTRY
EXPERIENCE

• AMSTUTZ FAMILY FARM CAMP •

MAY 4 – 7, 2018

Yoga & wellness classes on a scenic farm,
enjoy farm-fresh meals, the cuddly
animals, and cozy cabins



WHEN:

MAY 4 – 7

JOIN US ON THE FARM
FRIDAY EVENING AND
STAY THROUGH
MONDAY MORNING

WHERE:

115 WIND MILL ROAD
ELIZABETH, ILLINOIS

www.TheCountryExperience.com

WHAT:

ALL THINGS HEALTHY.
A WOMEN'S RETREAT FOR
THE MIND, BODY
AND SOUL...
AND A LITTLE
ANIMAL LOVE

\$500: Includes all lodging, meals, classes & relaxation for the weekend

CLASSES: Linda & guest instructors will hold various types of sessions on the farm to choose

LODGING: cozy cabins (A/C, heat, electricity), full modern bathrooms & showers in the barn

MEALS: all meals Friday PM-Monday AM (healthy & farm fresh), BYOB

REGISTER NOW: www.TheCountryExperience.com/retreat-registration/