TESTIMONIAL

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Where do I begin? I've never done anything like this before, but it made perfect sense. I love Jesus and I love yoga, but I'd never been able to connect the two in such a way as I was to on this retreat. It truly was the perfect mind, body, soul connection. Without yoga my body starts to feel like the tin man from Wizard of Oz. Yoga is the oil it needs to stay healthy and limber. Without Jesus my soul would be lost. He gives my life meaning and purpose. To be able to marry these two things that mean so much to me was truly a gift. And to that the amazing location, delicious food, and fellowship, and all the hard work and thought that went into this retreat, just wow! I can't recommend enough. As a busy mom of two young boys, I didn't know if I'd be able to get away for a few days but I'm so glad I did. I'd recommend this to anyone. NO skill required. Just an open mind, heart and need to renew, restore & abide. I can't wait to do it again.

HOLLY S.