

# Wild

# Bliss

Art  
Yoga  
Retreat

Imagine yourself in a sacred natural setting for 3 days of immersion into the creative heart of YOU.

Art Medicine Woman, *Elise Crohn* and Yoga Goddess, *Jenna Lomazzo* will be your guides and allies on a journey to discover, explore and express your inner creative genius. Together we will learn easy and expressive SoulCollage®, paint from our heart and soul, practice yin and power-flow yoga and explore the energy in our chakras.

Absolutely no previous art experience is expected or required—if you can use scissors and glue and have always wanted to tap into the creative images deep in your soul this retreat is for you!

**Fri. Feb. 3rd, 7pm - Sun. Feb. 5th, 5pm**

**Hosted by Jenna Lomazzo [www.cozmicyoga.com](http://www.cozmicyoga.com) and  
Elise Crohn [www.SoulCollage.com/elise-crohn](http://www.SoulCollage.com/elise-crohn)**

**WHERE:**

*Kashi Retreat in Sebastian FL [www.kashi.org](http://www.kashi.org)*

*Located on 80 acres, Kashi has shrines and temples dedicated to many of the world's great spiritual traditions surrounding the sacred "Ganga" pond at the center of the property.*

**COST:**

*\$395-\$450 (dorm-double occupancy) inclusive of all meals, lodging, art supplies, yoga classes, expert facilitation, access to temples and walking trails and 24 hour access to art/yoga studio.*

**REGISTER:**

**Call 904.377.3500 or Email: [elisecrohn@yahoo.com](mailto:elisecrohn@yahoo.com)**

