



YOGA & PILATES
with Val Russell and Arline Jernigan
February 7-13, 2008

Retreat details. . . .

Slow way down with our favorite Southern duo, Arline Jernigan and Val Russell. Drawing from their fine arts backgrounds and infusing soulful stamina, Val and Arline will lead you through creative Vinyasa-style yoga and Pilates. Your classes will be innovative, creative and inspiring—focusing on the core learning to move from your true center. Val and Arline are known for their unique teaching styles and have cultivated a following for the practitioner that likes to shake things up a bit. Be prepared to leave the mat, literally, and pump up your practice. In the mornings, Arline will awaken the body and ground the mind. Afternoons, with Val, are full of restorative yoga with slow deep core work that will leave the belly satisfied in an original class that Joe himself would be proud of.

Val and Arline encourage a relaxing week, but welcome any student that enjoys all levels of classes with a creative and charged edge.

About the Pilates instructors. . . .

Val is a certified Pilates and Yoga instructor and the owner of Push Pilates studios in Memphis and Oxford. She combines an evolved Pilates repertoire with physical therapy methods.

Arline brings a unique blend of physicality and artfulness to her teaching. The yoga mat serves as a different kind of canvas for Arline, who continues to paint and exhibit her work in Memphis art galleries. Through her teaching as well as her art, she inspires others to feel more and move beyond preconceived notions of personal limitation.

Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$2195	\$2495	\$2995	\$3395
90-day prepay discount	\$1995	\$2295	\$2795	\$3195

All rates are per person and do not include airfare.