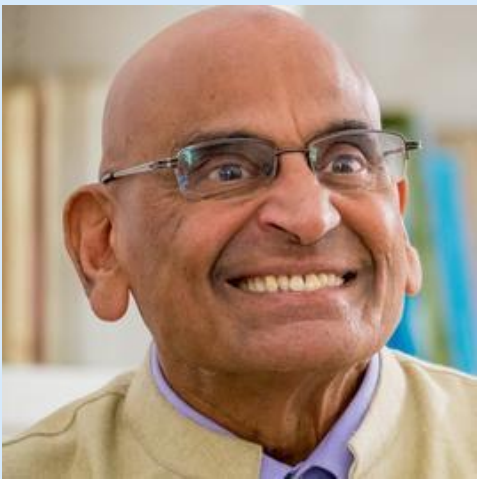


# CULTIVATE CURIOSITY

## *the yoga of daily life*

WITH **ravi ravindra,**  
**Kira sloane**  
**+ kari sims anthon**  
Jan. 30 - FEB. 2, 2017  
*life.love.yoga. sisters, oregon*

Photo by Benjamin Krause



With the purpose of cultivating curiosity and wonderment in our daily lives, we will be inspired by the wild and magnificent landscape of Sisters, Oregon while we simultaneously open to the spacious mystery within ourselves.

Our time together will be a combination of asana, meditation, dharma talks + conversations to help us dive deeper into the subtle realm to live a life of practice & intention.

**life.love.yoga.**  
YOGA STUDIO & ECO BOUTIQUE  
SISTERS, OREGON

More details + register online  
[www.lifeloveyoga.com](http://www.lifeloveyoga.com)  
call/text us at 541-390-5678

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### **cultivate curiosity retreat details:**

#### **monday: january 30, 2017**

afternoon arrival in sisters, oregon

6:00-7:00 pm ~ welcome talk with ravi ravindra, *cultivating curiosity*

#### **tuesday: january 31, 2017**

7:30 am ~ morning meditation with kira sloane

8:00-9:15 am ~ asana practice with kari sims anthon

9:15-10:00 am ~ light morning breakfast + coffee/tea (provided)

10:00 am-12:00 pm ~ dharma talk with ravi ravindra

#### **afternoon break**

*\*private spa appointments for retreat participants available at shibui spa, sisters*

4:00-5:30 pm ~ yoga + meditation with kira sloane

#### **evening dinner break**

7:00-8:00 pm ~ evening conversation with ravi ravindra

#### **wednesday: february 1, 2017**

7:30 am ~ morning meditation with kira sloane

8:00-9:15 am ~ asana practice with kari sims anthon

9:15-10:00 am ~ light morning breakfast + coffee/tea (provided)

10:00 am-12:00 pm ~ dharma talk with ravi ravindra

#### **afternoon break**

4:00-5:30 pm ~ yoga + meditation with kira sloane

#### **evening dinner break**

7:00-8:00 pm ~ evening conversation with ravi ravindra

#### **thursday: february 2, 2017**

7:30 am ~ morning meditation with kira sloane

8:00-9:15 am ~ asana practice with kari sims anthon

#### **farewells + departure**

\$350 pre-registration by January 1, 2017 (\$375 from Jan 1-30 2017)



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**cultivate curiosity retreat lodging + activities in sisters, oregon**  
(all listed with active web links)

### LODGING

**Sisters Motor Lodge** (in town, walkable)

**FivePine Lodge** (in town, walkable)

**Sisters Bunkhouse** (in town, walkable)

**Ponderosa Lodge** (just outside of town, short drive)

**Metolius River Lodges** (located ~20 min. From town)

**Lake Creek Lodge** (located ~20 min. From town)

**Black Butte Ranch** (located ~15 min. From town)

**The Lodge at Suttle Lake** (located ~30 min. From town)

**Camp Sherman Store Cabins** (located ~20 min. From town)

*various VRBO, AirBnB, and vacation rentals also available in Sisters*

### ACTIVITIES

**EuroSports Rental Shop** (snowshoes, XC skis, etc)

**HooDoo Ski Area**

**Sisters Movie House**

**Peterson Ridge Trail**

**Sisters Trail Alliance**

### SPA

**Shibui Spa**