



# Spring Renewal 2013

"My body has never felt so balanced and comfortable. I also loved the Yoga and meditation sessions. The whole experience was so positive on every level. I came back so relaxed and renewed and it inspired me to continue a daily meditation practice." ~ Marcia

Ashford Manor  
Watkinsville, Georgia

April 10th – April 14th



Join us for our 3rd Annual time of Spring Renewal in Watkinsville, Georgia in the comfort and beauty of Ashford Manor. Ashford Manor is located in the heart of Watkinsville, ten minutes south of Athens and an hour and a half east of Atlanta. Ashford Manor rests on 5 acres of landscaped gardens, with 9 uniquely designed guest rooms.

Your hosts, Michelle, Mario and David, will be serving up southern hospitality and a nourishing, cleansing diet that will 'Wow!' your senses. Combined with AM & PM Yoga, Meditation, and daily Massages to re-awaken body, mind and spirit.



Michelle, a 500 hour certified Yoga Teacher, certified/licensed Massage Therapist since 1994 and an ayurvedic enthusiast, developed this program to balance, rejuvenate and detoxify the body, watching people get lighter and brighter!

## Double Occupancy

\$750.00

\$800.00 (after February 1, 2013)

## Single Occupancy

\$900.00

\$950.00 (after February 1, 2013)

*Includes 4 nights of lodging at Ashford Manor Bed & Breakfast, prepared morning, afternoon and evening meals, ending with an Ashford Manor gourmet breakfast on the Sunday of departure, AM & PM Yoga classes, and 3 massages.*

*There is a shuttle from the Atlanta airport to Athens where we will pick you up. Reservations can be made at [www.groometransportation.com](http://www.groometransportation.com) or call 706-410-2363.*

**Please contact Michelle  
with any questions at  
[www.yogadhatu.com](http://www.yogadhatu.com)  
or call 608-228-5850.**

Ashford Manor B&B at  
[www.ambedandbreakfast.com](http://www.ambedandbreakfast.com)

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Place  
Stamp  
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