

# Announcing the UpNorth with UpDog Fall Family Retreat

**October 8-10, 2010**

UpDog is pleased to announce the “UpNorth with UpDog” family retreat – an amazing opportunity to grow, learn, practice and play in Michigan’s hidden jewel, the Les Cheneaux Island District in Michigan’s Eastern Upper Peninsula. Located less than five hours from downtown Rochester, all retreat activities and events will take place in and around Cedar Campus, a unique retreat center located on the shores of Lake Huron just outside Cedarville, Michigan.



Your three-day retreat will begin Friday, October 8 at 4:30pm, and will include:

- ☪ Private Lodging in beautiful Taylor Lodge
- ☪ All meals (Breakfast/Lunch/Dinner); Vegan/Vegetarian meals available on request
- ☪ Free use of kayaks, canoes, sail boats, rowboats, fishing
- ☪ Hiking Trails in and around the Hiawatha National Forest
- ☪ Fall Color Tours
- ☪ Bonfires
- ☪ Movie Night on Saturday Night
- ☪ Kirtan and Bonfire on Sunday Night
- ☪ Daily yoga practice (for all levels)
- ☪ Daily meditation practice
- ☪ Optional “Noble Silence” Retreat (mandatory for Teacher Training candidates)
- ☪ Optional Body Work (Massage, Shamanic Healing, etc.)

**Cost:** **\$360**

**Family Plan:** Two or more guests, only \$300 each!

**Car Pooling:** Contact Duane or Kate for information on carpooling. The “caravan” will leave on Friday, October 8 at 9:30am from the UpDog parking lot. Please let us know if you are interested in saving some \$\$ by using your van or SUV to help transport fellow yogis and yoginis to and from the retreat!



# UpNorth with UpDog Schedule of Events

## October 8, 2010

- 5:45pm Welcome Flow with Meditation
- 7:00pm Dinner & Noble Silence Overview
- 8:00pm Noble Silence Begins (optional)

## October 9, 2010

- 6:00am Sunrise Yoga with Meditation
- 7:30am Breakfast
- 8:30am Basic I with Meditation
- 10:00am At leisure (boating, hiking, beach combing)
- 12:00pm Lunch
- 1:00pm At leisure (golfing, kite flying, reading, fishing, etc.).
- 3:00pm Yin Yoga with Meditation
- 5:30pm Dinner
- 7:30pm Movie Night



## October 10, 2010

- 6:00am Sunrise Yoga with Meditation
- 7:30am Breakfast
- 8:30am Basic I with Meditation
- 10:00am Group Session
- 11:00am Check-out and departure

### Directions:

From Rochester, head north on I-75 approximately 278 miles to exit #359 (M-134, Les Cheneaux Islands/ Cedarville/Hessel/Drummond Island Exit, 15 miles past the Mackinaw Bridge). Continue approximately 16 miles East to downtown Cedarville. Continue east on M-134 approximately 6 miles past downtown Cedarville to Cedar Campus Drive (big Cedar Campus sign on right). Follow road back to main lodge for check-in and room assignments.

