



[Register Here](#)

Spring Forward, Spring Free Retreat!

April 21st - April 23rd 2023



This Spring 2022 join Laia Bove Imhoff and Willow Marcotte for a weekend of yoga, ritual and meditation at the beautiful Kashi Campus in Sebastian, FL.

This Retreat is created to ignite your fire. To remind you of the sacred nature of your life, to bring you closer to the knowing that every moment, every experience, every breath is an opportunity and a choice to move closer toward your own truth.



The Kashi campus offers 80 acres of natural landscapes along the St. Sebastian River where attendees can truly unwind and steep in the richness of Mother Nature.

The property includes a welcome center, dining hall, learning studios, cafe, and private homes. A beautiful, secluded ideal space for learning, meditation, yoga, movement or ritual. Experience walking paths, labyrinth, sacred shrines and multi-faith temples.





In this Retreat, you'll connect with yourself again. Through daily classes, and workshops you will find the space you need to let go of baggage that has kept you stuck in the same cycles, to invite nourishing habits into your life and to live from a more authentic, centered place. To assist you to spring forward, and spring free.

At the end of this retreat, you will feel more connected to yourself, more calm and focused. You will have learned ways to tap into your power and your inspiration at will, and you will be closer to building habits that serve you and that align with your purpose.

ACCOMMODATIONS

3 days / 2 nights in in this hidden gem in Sebastian, FL.

Triple Room (3 single beds) Shared Bath \$720.00PP

Double Room (2 single beds) Private Shared Bath \$790.00PP

Private Single shared bath \$942.00PP

Triple Room Private Bath (3 single beds) \$950.00 PP

Double Room Private Bath \$990.00

Private Single Private Bath \$1,080.00

MEALS

Executive chef Swami Rudra Das will lovingly prepare and serve delicious, nourishing, vegetarian meals daily for our group and they will be brought to our private area

