



Rise into Radiance

Women's Yoga Retreat

A Retreat for Women Seeking Peace, Presence & Renewal

Reconnect with your inner light,
restore your energy, and return home
renewed, grounded, and radiant.



Join us August 21–23, 2026, at the serene Lake of the Woods YMCA Camp DeBoer for a transformative Women's Yoga Retreat. Immerse yourself in the beauty of nature as we awaken inner radiance through yoga, mindfulness, Reiki, sound healing and connection. This weekend offers a sacred space to nurture your body, mind, and spirit.



Paddleboarding



Kayaking



Group/Individual Reiki



Sound Bath



AUG. 21–23, 2026

For more information or to register,
visit <https://ashlandymca.org/>
or scan the QR code



\$415 Y-MEMBERS
\$525 COMMUNITY



541-482-9622



www.ashlandymca.org

Questions? Reach out to jami@ashlandymca.org