

# LIVING INTO BALANCE

## Summer Solstice Yoga & Meditation Retreat



## YOU'RE INVITED

JUNE 22 - 25TH, 2023

THURSDAY LATE AFTERNOON- SUNDAY LUNCH  
IN PORT TOWNSEND, WA  
WITH SHANNON MCCALL

Summer Solstice is the pinnacle of the Sun's journey, the time of greatest light. A time traditional for celebration. Let's come together in good company and celebrate this bright time of year with the practices we love: asana, self-inquiry, meditation, silence, ceremonial fires & more! Sweet studio space with deer and nature close by. Close to Fort Worden for hiking at the beach or in the woods. Close to the PT waterfront and North beach for walks along the shore.

Tuition: \$324

Food and Lodging not included.

There is currently housing available at Ft. Worden  
and at the Old Consulate Inn

Register for SS Yoga Retreat with a deposit [on this page](#).

Scholarships to help defer costs are available!  
Contact [shannon@livingintobalance.com](mailto:shannon@livingintobalance.com) for more details.

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Yoga and Meditation Teacher

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