

# *A Magical Journey into the Land of Crystals and Healing Waters*

*with* Elysabeth Williamson  
*and* Valerie Immore



Join us for an  
amazing  
adventure in  
Crystals, Yoga and  
Healing Waters

*April 25 - 28*

*Hot Springs, AR*

*\$429- all inclusive*

We will be nestled into a charming village like motel, in walking distance to downtown Hot Springs and bathhouse row. Two world-class teachers, Gary Fleck and John Berry, will be guiding and inspiring our crystal adventures.

Includes three nights lodging, three delicious evening meals, full continental breakfasts, two guided crystal journeys to dig for your very own crystals, and a visit to the mystical Lake Quachita. Yoga and crystal meditations will be woven throughout the weekend.

**What:** Crystal / Yoga Adventure

**When:** Thursday, April 25 - Sunday, April 28

**Where:** Hot Springs, AR

**Cost:** \$429- based on double-occupancy

**Registration/Info:** [SundanceYoga.com](http://SundanceYoga.com) /  
[PartnerYoga.net](http://PartnerYoga.net) / (281) 482-9642

**Space limited / register early!**

*Elysabeth Williamson, E-RYT 500, is founder of Principle-Based Partner Yoga™ and the author of 'The Pleasures and Principles of Partner Yoga'. She currently lives in Hot Springs, AR and has been blessed to enjoy the crystalline energies of the area. Valerie Immore, E-RTYT 500 has been a Yoga Teacher and Community builder for over 20 yrs and has had a lifelong personal healing relationship with crystals.*