



escape to the cape

WEEKEND IYENGAR YOGA RETREAT

with Zack Dixon

May 13, 14, and 15, 2011 at Quiet Mind Studio in Wellfleet, Mass.

Retreat Schedule

Friday 6-8 p.m.

Saturday 8-10 a.m. and 3-5 p.m.

Sunday 8-10 a.m.

Beginner/Intermediate students welcome.

\$125 for the weekend

Quiet Mind Studio is situated on Duck Creek within easy walking distance to town.

Visit quietmindstudio.com for accommodations.

To register, e-mail info@quietmindstudio.com or call 508-349-2429.



RESTAURANTS

The Wicked Oyster

50 Main St

Breakfast, lunch and dinner.

The Lighthouse Restaurant

317 Main St.

Breakfast, lunch and dinner.

South Wellfleet General Store

1446 Route 6

Breakfast sandwiches, coffee, lunch deli.

The Bookstore Restaurant

50 Kendrick Ave

Breakfast, lunch and dinner.

Wellfleet Town Pizza

55 Commercial St.

Pizza and subs.

ACCOMMODATIONS

Stone Lion Inn | 130 Commercial Street, Wellfleet

Walking distance to Quiet Mind Studio; a bed and breakfast with 3 rooms plus an apartment and a cottage. stonelioncapecod.com | 508-349-9565

Apple Tree Guest House | 50 Major Doane Road, Wellfleet

A two-minute drive from Quiet Mind Studio.

B & B or off-season guest house option.

appletreecapecod.com | 508-240-4889

Wellfleet Motel | Route 6, Wellfleet

A 10-minute drive to Quiet Mind Studio.

Motel and lodge, restaurant.

wellfleetmotel.com | 800- 852-2900

Chez Sven Bed and Breakfast | 2118 Old Kings Hwy, Wellfleet

A 5-minute drive to Quiet Mind Studio.

chezsven.com | 508-349-6823

Four Points Sheraton | Route 6, Eastham

A 15-minute drive to Quiet Mind Studio.

capecodfourpoints.com | 508-255-5000



QUIET MIND STUDIO

quietmindstudio.com

508 349 2429



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