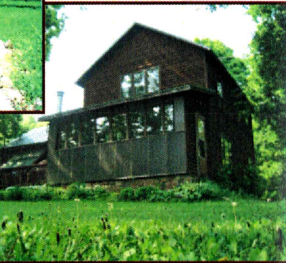


Living Sustainably

Artha is a place that strives to exist in harmony with our environment. This harmony includes living within the boundaries of our ecosystem as well as being in tune with our inner selves. We lead by example and offer our experiences and expertise to those who wish to learn from us.

Artha is powered by the sun. Solar thermal panels heat the domestic water and help to heat the Bed & Breakfast along with solar air collectors and wood stoves. Solar electric panels make the electricity. We also have a large organic garden that feeds our family year round.



Certified Member of:
(highest certification)



Directions

Hwy 54 East (from Plover/Hwy 39): go north on County Road A. Take your first right onto County road K and drive 1.4 miles. Artha will be on your left at the bottom of a hill.

Hwy 54 West (from Waupaca): take County Road TT north, follow the road to the left. TT turns into County Road K, continue straight, 3rd driveway on the right.

From Amherst (Hwy 10): take County Road A South for 4.5 miles and turn left onto County Road K, drive for 2 miles. You will come to a T in the road and take a right continuing on County Road K. Artha will be the third driveway on your right.



Artha Sustainable Living Center

9784 County Road K, Amherst, WI 54406

www.arthaonline.com

info@arthaonline.com

715-824-3463

Bed & Breakfast

Artha
Sustainable Living Center LLC

www.arthaonline.com

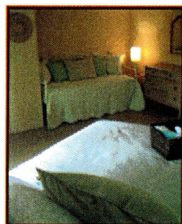
715-824-3463

Rooms

Organic linens and towels!

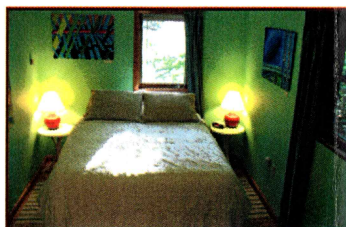


Solar Room \$75

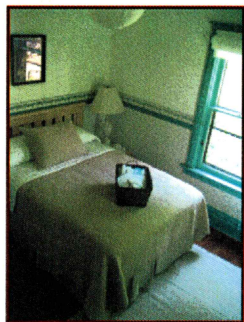


Light and airy with 1 king bed (or 2 twins) and a day bed. Situated on the second floor, with windows facing the south and east, this truly is the solar room. Shared bathroom on the first floor.

Energy Room \$65



This room is on the first floor and boasts a modern spacious feel. Queen bed and view of the wooded back yard. Shared bathroom.



Garden Room \$55

This first floor room has a double bed with floral wall coverings that give it a country atmosphere. Shared bathroom.

Living Room Relax w/ fellow guests in this spacious living room. It has solar and wood heat to keep you cozy.



Kitchen & Dining Room

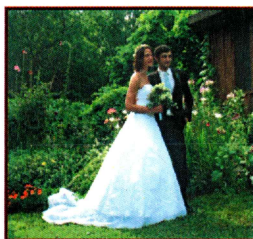
This wide open space is conducive to conversation and playing games. Guests are welcome

to make their own meals and breakfast is made for you at the time you request.

Create Your Own Retreat!

Come for the weekend or a week, pick from the list of many fun activities and we will help you create an unforgettable vacation. Bring your family and friends, you can rent the studio space, gazebo and grounds.

Options: Private Yoga Class, or day long workshops, Reiki sessions, herbal workshops, hiking, cross country skiing, biking and we can help find caterers to suit your taste! Check our website for all of the workshop options, or we can create one just for you.



Have Your Event At Artha!

Weddings, Reunions, Meetings, Workshops, Retreats, Parties and more. Call for rates and availability

Event planning services: \$45 per hour.

Location

Artha sits on a lush 90 acre plot with rolling hills of wooded land and open fields. Spend some time in the pristine wilderness of Wisconsin. Just 10 minutes from the beautiful Chain of Lakes in Waupaca, guests have access to many wonderful outdoor activities. A 30 minute drive to downtown Stevens Point and just 10 minutes south of Amherst, Artha sits in the heart of central Wisconsin. Come, relax and enjoy this sustainable oasis.

Our Policy

Open year round. Reservations are made with a \$35 deposit for each night's stay and you will receive a written or emailed confirmation. Deposits are refundable only if cancellation is made at least 2 weeks prior to the reservation. If 14 days or less you will receive a gift certificate for the full deposit to use within one year. We take Credit Cards with a 5% processing fee, Checks or Cash. Check-in time is between 3 and 10pm unless other arrangements have been made. Check-out is 11am. There is no smoking in the B&B. Children are welcome. Pets are welcome with approval and there is a \$5 per night charge per pet.

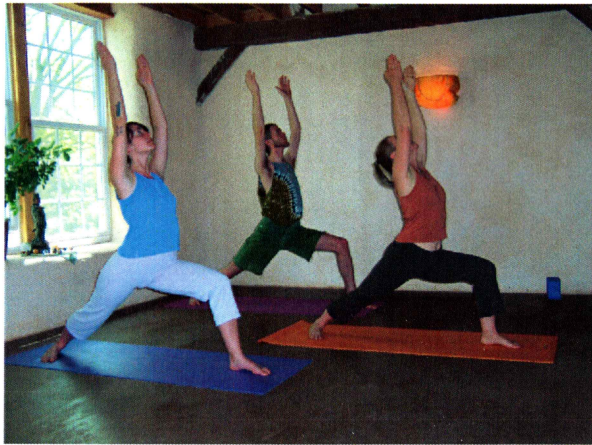
Yoga Retreats

Please visit our website for details and dates of our yoga retreats.

Workshop Presentations:

Have us come and do a workshop for you. We are available for Keynote Speaking as well as longer, in-depth workshops. The fee varies depending on the subject, please call or email with questions. We are also available to create a workshop topic specifically for you.

We offer workshops and retreats in: Alignment in Yoga Poses, Partner Yoga, Yoga Breathing, Meditation, Restorative Yoga and Living in Harmony,



"If we are peaceful, if we are happy, we can blossom like a flower, and everyone in our family, our entire society, will benefit from our peace." Thich Nhat Hanh

Note: Class schedules may change depending on season or attendance. Check website, email or call for more information. To register for a yoga retreat please go to our website or call for a registration form.



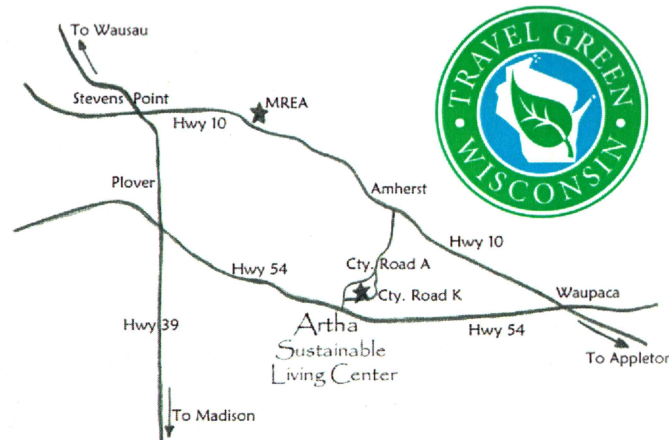
Printed on 100% Recycled Paper

Directions to Artha Yoga Studios

From Plover/Hwy 39: Travel east on Hwy 54. Turn left/north on County Road A and K. Take your first right onto County road K and drive 1.4 miles. Artha will be on your left at the bottom of a hill.

From Waupaca/Hwy 10: Travel west on Hwy 54 and take County Road TT right/north, follow the road to the left. TT turns into County Road K, continue straight, 3rd driveway on the right before the hill.

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www.arthaonline.com

info@arthaonline.com

715-824-3463 or 715-281-7799

Artha Yoga Studios

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Locations in
Amherst
& Waupaca

**Instructor
Marguerite
Ramlow**

Tel: 715-824-3463 or 715-281-7799

Email: info@arthaonline.com

www.arthayoga.com

Class Descriptions

Vinyasa Flow Classes:

This fun yet challenging hour and a half long flow-style class combines postures in sequences to cultivate overall stamina, strength and flexibility while gaining focus and peace of mind. Also includes breathing techniques, meditation, relaxation and Yogic philosophy.

The ultimate yoga experience.

- * Waupaca Recreation Center
Wednesday at 6:15pm
- * Artha Yoga Studios, Amherst
Tuesday (Intermediate) at 6:15
Thursday at 6:15pm

Yoga Basics Class:

A class for beginners and those who would like to continue to perfect the beginning yoga poses. The hour and a half class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues, breath work, meditation, relaxation and Yogic philosophy.

- * Artha Yoga Studios, Amherst
Tuesday at 4:30pm

Morning Yoga Class:

This hour and a half long Vinyasa flow-style class is enjoyable for all levels. The class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues.

- * Artha Yoga Studios, Amherst
Wednesday at 8:00am

Studios

The Exercise Room

*Waupaca Recreation Center,
407 School Street, Waupaca*

This large bright room has lots of windows and mirrors. It is a wonderful cool air-conditioned space for summer yoga practice.

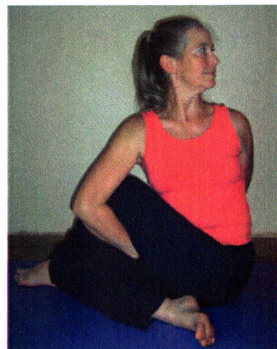
Artha Yoga Studios

*Barn or Gazebo Studios,
9784 County Road K, Amherst*

Yoga studios built to enhance your yoga practice. Located in the country, beautifully constructed with fantastic views. In the summer months practice in a gazebo nestled near a pond, gardens and woods. Listen to the sounds of nature while doing yoga. When air-conditioning or heat are needed practice in the barn studio, uniquely designed with large windows, heated floors and an inviting, southwestern atmosphere.

Instructor

Marguerite Ramlow has been studying yoga for over 40 years, incorporating Yogi principles into her life and work. She is a registered yoga teacher with the Yoga Alliance. She received teacher training and certification from both Tias Little of Prajna Yoga and Jennifer Ebel.

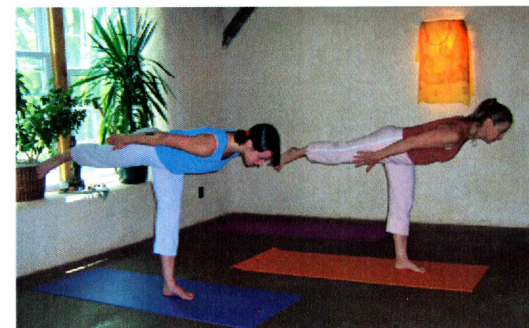


What to Wear and Bring

When doing yoga it is important to be comfortable and able to move freely. Wear sweatpants, footless tights, stretch pants or loose shorts with a comfortable shirt. Belts, jewelry and watches (that could get in your way) should not be worn. Bring a sticky mat, if you have one, or we have them for use. Sticky mats and other supplies are on sale at the studio. Doors open 15 minutes before class starts. Try not to eat 1-2 hours before class.

Everyone is welcome!

It is the responsibility of the participant to determine his or her preparedness for the yoga classes, and to consult a medical practitioner before beginning any yoga.



Class Costs & Discounts

Class Cost 7/14 Week Session: \$70/\$130

Class Drop-In Fee: \$14 per Single Class

Private Class: \$60 per Hour

More than one class per session:

\$20/\$40 off second class

Family members: \$5/\$10 off per person per session

Students and Seniors 62+: \$5/\$10 off per session

Deposit: \$20

Balance is due one week before the first day of class. If not paid until the first day of class there is a \$5 additional charge.

Yoga Retreats & Workshops

2007/2008 Calendar

Visit our website for details and registration forms!
3 hr. workshops are \$35, all others are marked.

January 2008

27th Breathing Basics Yoga Workshop, Sun: 9am-12
27th Alignment in Yoga Poses, Sun: 1-4pm

February 2008

8th-10th Meditation Yoga Retreat, Fri evening-Sun,
includes 2 nights stay at the B&B and all meals. \$285

March 2008

1st Restorative Yoga Workshop, Sat: 9am-noon
1st Partner Workshop, Sat: 1-4pm
4th-10th Yoga Retreat out West: details to follow

April 2008

26th Standing Poses & Back Bends, Sat: 1-4pm
27th Simple Inversions & Upper Body Strengthening,
Sun: 9am-noon
27th Hip Openers & Balancing Poses, Sun: 1-4pm

May 2008

16th-18th Door County Retreat: details to follow

June 2008

28th Yoga Breathing Basics Workshop, Sat: 1-4pm

*"If we are peaceful, if we are
happy, we can blossom like a
flower, and everyone in our
family, our entire society,
will benefit from our peace."*
Thich Nhat Hanh



Reiki

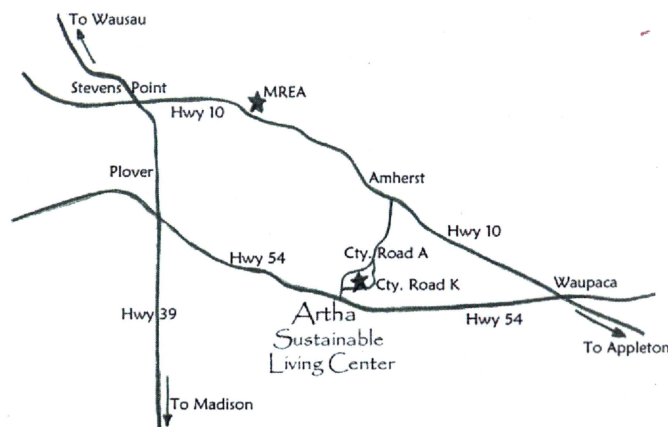
Have a Reiki treatment and feel the wonderful glowing radiance that flows through and around you. Reiki is a Japanese technique used for stress reduction, relaxation and it promotes healing! Receive Reiki Healing from Marguerite Ramlow a First Degree Reiki Practitioner. Heal and harmonize by restoring order to your body's vital energy.

* \$45 an hour, call for appointment

Directions

From Hwy 54 go north on County Road TT. Follow the road to the left, TT will turn into County Road K, continue straight and Artha will be on your right before the hill.

From Hwy 10 take County Road A South for 4.5 miles and turn left onto County Road K, drive for 2 miles. You will come to a T in the road and take a right continuing on County Road K. Artha will be on your right before the hill.



Note: Class schedules may change depending on season or attendance. Check website, email or call for more information. To register for a yoga retreat please go to our website or call for a registration form.

Metta of Loving Kindness

May we be filled with loving kindness
May we be well
May we be peaceful and serene
May we be happy and safe

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Artha
Sustainable Living Center LLC



Yoga Studios

Locations in Amherst
& Waupaca

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Class

Descriptions

Vinyasa Flow Classes: This fun yet challenging hour and a half long flow-style class combines postures in sequences to cultivate overall stamina, strength and flexibility while gaining focus and peace of mind. Also includes breathing techniques, meditation, relaxation and Yogic philosophy. The ultimate yoga experience.

- * Edgewood Arts, Waupaca
Wednesday at 4:30 and 6:15pm
- * Artha Yoga Studios, Amherst
Tuesday (Intermediate) at 6:15
Thursday at 4:30 and 6:15pm

Morning Yoga Class: This hour and a half long Vinyasa flow-style class is enjoyable for all levels. The class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues, breath work, meditation, relaxation and Yogic philosophy.

- * Artha Yoga Studios, Amherst
Wednesday at 8:00am

Yoga Basics Class: A class for beginners and those who would like to continue to perfect the beginning yoga poses. The hour and a half class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues, breath work, meditation, relaxation and Yogic philosophy.

- * Artha Yoga Studios, Amherst
Tuesday at 4:30pm

Studios

The Yoga Room

*Edgewood Arts Building,
109 1/2 Main Street, Waupaca*

This is the ballroom of days gone by Beautiful wood floors, chandeliers, and a perfect atmosphere for yoga practice.

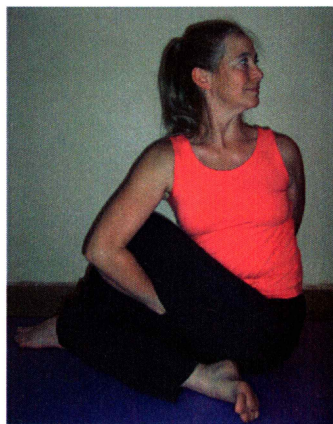
Artha Yoga Studios

*Barn or Gazebo Studios,
9784 County Road K, Amherst*

Yoga studios built to enhance your yoga practice. Located in the country, beautifully constructed and overlooking fantastic views. In the summer months practice in a beautifully constructed gazebo nestled near a pond, gardens and woods. Listen to the sounds of nature while doing yoga. In the fall and winter practice in the barn studio, uniquely built and designed with heated floors, large windows and a southwestern feel.

Instructor

Marguerite Ramlow has been studying yoga for over 30 years, incorporating Yogi principles into her life and work. She received teacher training from Jennifer Ebel and Tias Little, Certification from Jennifer Ebel.

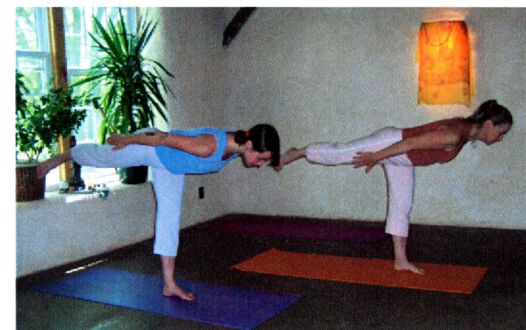


What to Wear and Bring

When doing yoga it is important to be comfortable and able to move freely. Wear sweatpants, footless tights, stretch pants or loose shorts with a comfortable shirt. Belts, jewelry and watches (that could get in your way) should not be worn. Bring a sticky mat, if you have one. Sticky mats and other supplies are on sale at the studio. Doors open 15 minutes before class starts. Try not to eat 1-2 hours before class.

Everyone is welcome!

It is the responsibility of the user to determine his or her preparedness for the yoga classes, and to consult a medical practitioner before beginning any yoga.



Class Costs & Discounts

Class Cost 8 Week Session:	\$80
Class Drop-In Fee:	\$14 per Single Class
Private Sessions:	\$60 per Hour
More then one class:	\$25 discount
Family members:	\$7 off per person per class
Students and Seniors 62+:	\$7 off per class
Deposit:	\$20

Balance is due one week before the first day of class. If not paid until the first day of class there is a \$5 additional charge.



Calendar 2008

*3 hour workshops are
\$35, all others are marked*

January

19th Making Herbal Bath Products, Sat: 1-4pm
\$20 supplies

20th Making Herbal Facial Beauty Products,
Sun: 9am-noon, \$20 supplies

26th Living Sustainably, Sat: 1-5pm \$45

27th Breathing Basics Yoga, Sun: 9am-noon

27th Alignment in Yoga Poses, Sun: 1-4pm

February

8th-10th Meditation and Yoga Retreat,

Fri. evening and all day Sat. and Sun: \$280

16th Intro to Herbal Medicine and Teas, Sat: 1-4

March

1st Restorative Yoga Workshop, Sat: 9am-noon

1st Partner Yoga Workshop, Sat: 1-4pm

April

4th-6th Solar Water Heating Installation Lab,

Fri-Sun: 9am-5pm, \$420

6th Planning Your Garden, Sun: 1-4pm

12th Making Herbal Facial Beauty Products,

Sat: 9am-noon, \$20 supplies

12th Making Herbal Bath Products, Sat: 1-4pm,

\$20 supplies

13th Spring Tonics Workshop (Hands-On)

Sun: 9am-noon, \$10 supplies

26th Standing Poses and Backbends Workshop

Sat: 1-4pm

27th Simple Inversions & Upper Body

Strengthening, Sun: 9am-noon

27th Hip Openers & Balancing Poses, Sat: 1-4pm

May

10th Planning and Planting Your Vegetable

Garden, Sat: 9am-4pm, \$65

12th-14th Solar Water Heating Installation Lab

Mon-Wed:

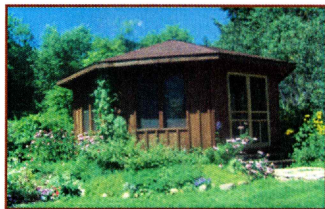
8am-4pm,

\$420

16th-18th Door

County Yoga

Retreat



Artha Sustainable Living

Center is a place that strives to exist in

harmony with our environment. This harmony includes living within the boundaries of our ecosystem as well as being in tune with our inner selves. We lead by example and offer our experiences and expertise to those who wish to learn from us.

Artha sits on a lush 90 acre plot with rolling hills of wooded land and open fields. The space is available for workshop attendees to enjoy while they learn. This environment is conducive to opening the mind and giving students the ability to learn in a classroom setting. Workshops also include hands-on experience, such as installing a solar system, yoga practice or planting and harvesting organic vegetables and herbs. Classes take place in the second story of a straw bale renovated barn with radiant heat or a gazebo.

Attendees have the option of staying on site in the Bed & Breakfast where they can experience green living powered by the sun, a truly sustainable way of life.

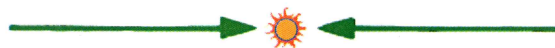
The B & B is available for guests throughout the year. Come for just a night, or have your own retreat or reunion in this beautiful renewable energy oasis.

ARTHA SUSTAINABLE LIVING CENTER

9784 County Road K, Amherst, WI 54406

www.arthaonline.com

info@arthaonline.com 715-824-3463



Workshops & Retreats



Artha
Sustainable Living Center
LLC

Workshop Descriptions

Please visit our website or call to register for workshops and for additional information.

Living Sustainably: A workshop on sustainable living and energy conservation in the home. Learn how to live with less impact on the earth's resources, go home with a recipe book for living more sustainably.

Solar Water Heating Installation Lab:

Intro Solar Thermal Class required from the MREA or equivalent. This class will take attendees through the steps necessary for the installation of a solar thermal system. Students will all have hands-on time putting up a collector on a demonstration roof, soldering pipe and becoming familiar with different system components. This class is appropriate for HVAC/Plumbers looking to offer Solar, individuals wanting to get into the solar business, or homeowners wanting to install their own system. Qualifies participants for the Focus on Energy Full Service Installer List & NABCEP Continuing Education. To register for this course please contact the MREA at www.the-mrea.org or call 715-592-6595.

Intro to Herbal Medicine and Teas:

Make your own teas and tinctures for stress relief and for everyday use as tonics. Learn the basics of herbal preparations and find out which herbs are available right outside your door. Go home with recipes and samples of your own.

Planning Your Garden Workshop: Do hands-on work and planning in a large garden and greenhouse to learn the basics of growing your own food organically. Attendees will experience: how to plan and prepare the garden, how to order seeds, planting seeds in flats and in the garden. You will go home with a tray of planted seeds.



Spring Tonics Workshop: Herbs are bursting forth in the spring. Spend some time in the field and woods gathering and preparing the herbal tonics mother nature intended for us to use after the long winter.

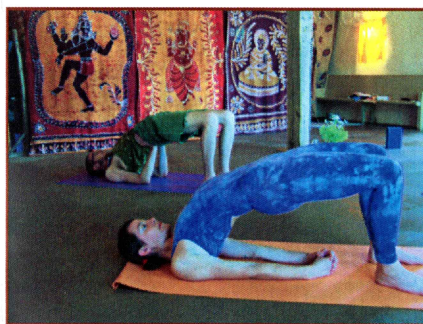


Making Herbal Facial Beauty Products:

Herbal beauty products make wonderful gifts, and making them yourself is much more meaningful! Treasure your skin and make products that you know are truly natural. You will make facial scrubs, masks and lip balm.

Making Herbal Bath Products: Herbal bath products are very popular, make gifts everyone will want. Go home with fizzing bath bombs, salt body scrubs, botanical bath salts and the recipes to make more natural products for yourself and friends.

Alignment in Yoga Poses: In this workshop you will learn techniques that can be used to bring each pose into alignment. Finding union and awareness in the body is the key to finding proper alignment in the yoga poses. When practicing with awareness we begin to know where and how our body is placed on the earth. This allows us to begin to fine tune our yoga postures and increases strength and flexibility. Awareness helps to reduce wear on the joints, muscle strain and tightness. Beginner to advanced students will benefit from this workshop.



alignment, balance and concentration fostering a deeper sense well-being.

Partner Yoga:

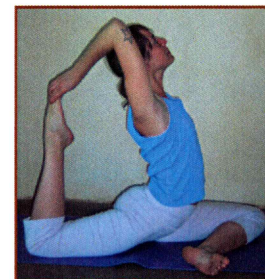
Giving two people a chance to benefit from the support and energy of each other. Partners rely on each other to keep correct body

Yoga Breathing Basics Workshop: Learn the basics of pranayama which helps release tension and promote the free flow of subtle energies (prana). Learn the art of breath control along with meditation and yoga poses.

Meditation Basics: Still your mind and find inner peace. Learn the basics of meditation traditions, philosophies and techniques to help you center and align your busy mind.

Meditation and Yoga Retreat: Two nights stay in the B&B including meals. Sessions of guided meditation will be interspersed with nature walks, workshops on meditation, breathing techniques and restorative and vinyasa flow yoga.

Yoga Twists & Forward Bends: Find your spinal range of motion and give some time and attention to your back!



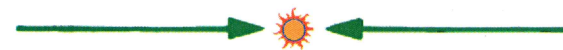
Simple Inversions and Upper Body Strengthening Yoga Workshop:

Poses will be catered to individuals ability, become empowered with new found strength.

Hip Openers & Balancing Poses: Balance takes practice, learn techniques to find physical and mental centering and alignment.

Standing Poses and Backbends: In this workshop we will fine tune the specific details of each pose allowing time to find a greater understanding of each pose. Learn to find the strength and proper alignment while honoring your individual abilities.

Restorative Yoga: Relax and renew in a meditative supported practice designed to reduce your stress and improve your health. Linger quietly in these soothing and well-supported poses putting your mind and body at ease.



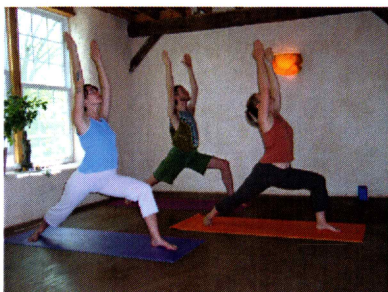
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Thich Nhat Hanh

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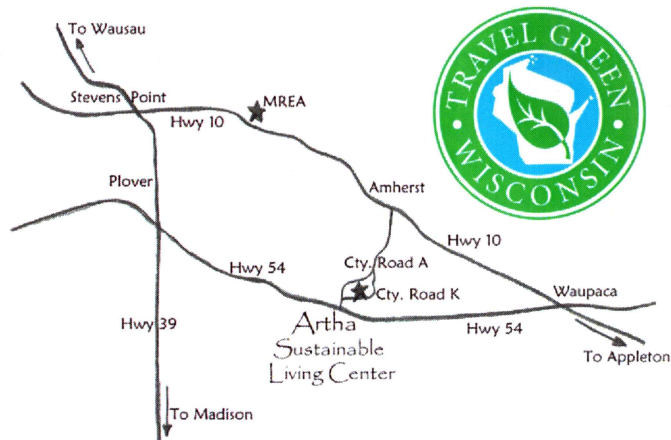


Directions

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Artha Sustainable Living Center LLC

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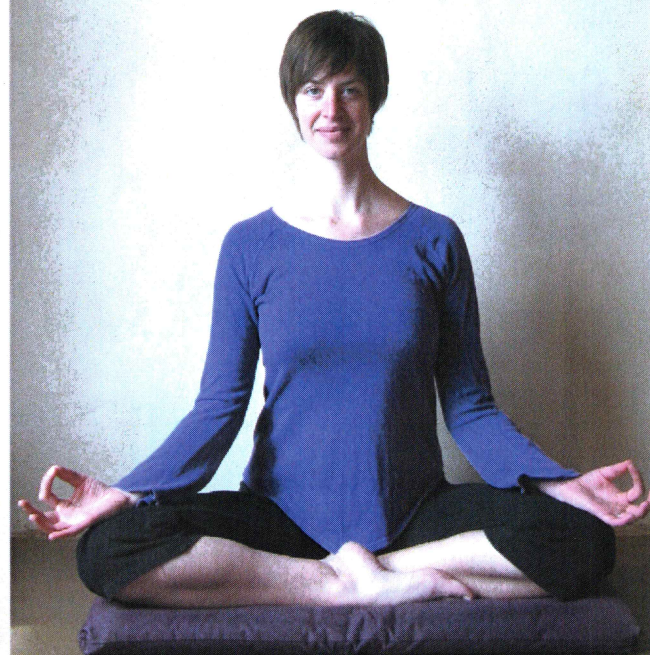
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Artha Yoga Studios

Locations in Amherst
& Waupaca



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Class Descriptions

Vinyasa Flow Classes:

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- * The Yoga Room: Edgewood Arts Building, Waupaca
Wednesday at 4:30 and 6:15pm
- * Artha Yoga Studios, Amherst
Tuesday (Intermediate) at 6:15
Thursday at 6:15pm

Yoga Basics Class:

A class for beginners and those who would like to continue to perfect the beginning yoga poses. The hour and a half class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues, breath work, meditation, relaxation and Yogic philosophy.

- * Artha Yoga Studios, Amherst
Tuesday at 4:30pm
Thursday at 4:30pm

Morning Yoga Class:

This hour and a half long Vinyasa flow-style class is enjoyable for all levels. The class will begin with warm-ups followed by yoga postures, with individual instruction for all body types and issues.

- * Artha Yoga Studios, Amherst
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109 1/2 Main Street, Waupaca*

This is the ballroom of days gone by Beautiful wood floors, chandeliers, and a perfect atmosphere for yoga practice.

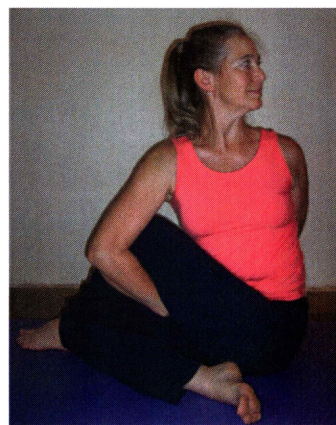
Artha Yoga Studios

*Barn or Gazebo Studios,
9784 County Road K, Amherst*

Yoga studios built to enhance your yoga practice. Located in the country, beautifully constructed and overlooking fantastic views. In the summer months practice in a beautiful gazebo nestled near a pond, gardens and woods. Listen to the sounds of nature while doing yoga. When air-conditioning is needed practice in the barn studio, uniquely designed with large windows and a southwestern feel.

Instructor

Marguerite Ramlow has been studying yoga for over 35 years, incorporating Yogi principles into her life and work. She is a registered yoga teacher with the Yoga Alliance. She received teacher training and certification from both Tias Little of Prajna Yoga and Jennifer Ebel.

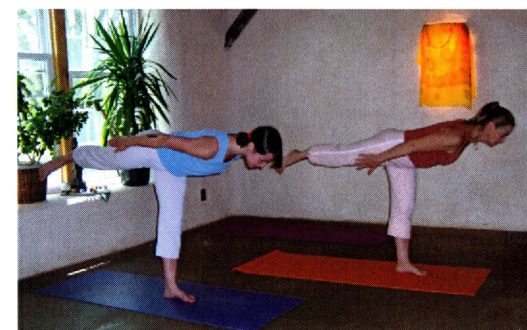


What to Wear and Bring

When doing yoga it is important to be comfortable and able to move freely. Wear sweatpants, footless tights, stretch pants or loose shorts with a comfortable shirt. Belts, jewelry and watches (that could get in your way) should not be worn. Bring a sticky mat, if you have one. Sticky mats and other supplies are on sale at the studio. Doors open 15 minutes before class starts. Try not to eat 1-2 hours before class.

Everyone is welcome!

It is the responsibility of the user to determine his or her preparedness for the yoga classes, and to consult a medical practitioner before beginning any yoga.



Class Costs & Discounts

Class Cost 8/16 Week Session:	\$80
Class Drop-In Fee:	\$14 per Single Class
Private Sessions:	\$60 per Hour
More then one class:	\$25 discount
Family members:	\$7 off per person per class
Students and Seniors 62+:	\$7 off per class
Deposit:	\$20

Balance is due one week before the first day of class. If not paid until the first day of class there is a \$5 additional charge.