



Toni's Mountain Day Yoga Retreat

**Date: Saturday May 16, 2015
10am- 5pm
Where: 2124 St. Bernard Drive**

Come and enjoy a day of yoga in Pine Mountain Club!
Emerge yourself in the beautiful mountain scenery. There will be yoga for all levels, meditation, stretching, relaxation, and the famous Pine Mountain Club Lilac Festival.
This retreat will be a breath of fresh air.

Schedule:

9:45am- check in

10:00am-11:30am- opening meditation & Yoga class

12-1pm- a light gluten free/vegan lunch

1:30-3:00- Lilac festival <http://www.pmcililacfestival.com/>

3:00-3:30- walk to the lake

4:00-5:00 yoga stretch class and relaxation

Cost:

EARLY BIRD SPECIAL: \$50.00

After May 9, 2015 : \$60.00

To sign up contact me: (661) 993-3890 or toni4yoga@gmail.com

