



## Toni's *"Independence"* Day Yoga Retreat

**Date: *Saturday July 25, 2015***

***10am- 5pm***

***Where: 2124 St. Bernard Drive***

**Come and enjoy a day of yoga in Pine Mountain Club! As you emerge yourself in the beautiful mountain scenery, you will find yourself relaxing and unwinding from your busy life. We will utilize yoga poses to open your heart and become independent from the constraints of your life. There will be yoga for all levels, meditation, stretching, relaxation , and we will visit the local village. Local village merchants will be open for browsing and shopping. We will also enjoy the beautiful outdoors and take a walk on the mountain trails.**

### **Schedule:**

**9:45am- check in**

**10:00am-11:30am- opening meditation & yoga class**

**12-1pm- gluten free/vegan lunch**

**1:30-3:00- visit Pine Mountain Club Village/ walk the mountain trails**

**3:30-5:00 yoga stretch class and relaxation**

### **Cost:**

***EARLY BIRD SPECIAL: \$50.00***

**After July 15, 2015 : \$60.00**

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

