



Toni's Serenity Day Yoga Retreat

Saturday August 22, 2015

10am- 5pm

2124 St. Bernard Drive

Come and enjoy a day of yoga and serenity 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 release tension, stress and bring balance back into 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 August 12, 2015 : \$60.00

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

