



Staying Grounded Day Yoga Retreat

Saturday November 7, 2015

10am- 5pm

2124 St. Bernard Drive

Come and enjoy a day of yoga and relaxation 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 help you feel more grounded and stable in 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. You will be leaving feeling like you had a mini vacation and ready to face the busyness of the upcoming holidays.

Schedule:

9:45am- check in

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

12-1pm- gluten free/vegan lunch

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

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

Cost:

EARLY BIRD SPECIAL: \$50.00

After November 1, 2015 : \$60.00

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

