

# Wine Festival Day Yoga Retreat

Saturday, June 10, 2017  
10am-5pm  
2124 St. Bernard Drive



## Reservations:

- To reserve your spot contact me at [toni4yoga@gmail.com](mailto:toni4yoga@gmail.com)
- **EARLY BIRD SPECIAL: \$70.00**  
(Payment in full by May 27, 2017)
- After May 27, 2017: \$85.00

"Santosha invites us into contentment by taking refuge in a calm center, opening our hearts in gratitude for what we do have, and practicing the paradox of "not seeking"."

## Schedule:

9:45am	Check in
10am-11am	Introductions, philosophy, and mantra work
11:00-12:15	Yoga Flow Class
12:30-1:15	A light gluten free/vegan lunch
1:30-3:30	Wine Festival* (\$8 additional charge for optional private wine tasting) <a href="http://www.wineinthepines.com">http://www.wineinthepines.com</a>
3:30-5:00	Yin Yoga/Therapeutic Class, mediation, and relaxation

Spend a day in the mountains getting away from your busy life and connecting to nature. During this yoga retreat, we will explore "Santosha," which is the second of the Niyamas (Observances). We will also be attending the Pine Mountain Club Wine Festival. This retreat will feel like an oasis in the mountains and leave you feeling rejuvenated.