



Toni's Wine Day Yoga Retreat

Date: Saturday June 13, 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. There will be yoga for all levels, meditation, stretching, relaxation , and we will visit the famous Pine Mountain Club Wine Festival. Bottles of wine will be available to purchase and local village merchants will be open for browsing and shopping. *(Sorry no wine tasting unless you purchase a ticket in advance)*

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- Wine in the Pines <http://www.wineinthepines.com/index.html>

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

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

Cost:

EARLY BIRD SPECIAL: \$50.00

After June 3, 2015 : \$60.00

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

