



Contentment Day Yoga Retreat

Date: Saturday Oct. 15, 2016

10am- 5pm

Where: 2124 St. Bernard Dr.

Enjoy a day of yoga, some delicious food and relish in the mountain scenery and fresh air during our hike through the trails. There will be yoga for all levels, meditation, stretching, and relaxation. This retreat will be a breath of fresh air and leave you feeling like you had a mini vacation.

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- Hike through mountain trails

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

Cost:

EARLY BIRD SPECIAL: \$60.00 (Payment in full by October 1, 2016)

After October 1, 2016: \$75.00

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

