



# Yoga & Spa Retreat

With Ida Unger

Certified Iyengar Yoga Instructor

**February 25-27, 2011**

Deepen your yoga practice while enjoying the pleasures of soaking & swimming in hot mineral water, at Warner Springs Ranch 2 ½ hours from LA  
• Hot and cold mineral water pools / Hiking / Golf / Tennis / Horseback Riding

## **\$340.00 PER PERSON, DOUBLE OCCUPANCY**

Like to live alone? Add \$100 (When available)

Roommates/Spouses not doing yoga may subtract \$60 from cost.

**YOU MUST BRING YOUR OWN PROPS: MAT, (3) BLANKETS, BELT, BLOCK**

You may rent props from me at \$25 for all props or \$10 per single prop.

### **PRICE INCLUDES**

- Two nights accommodation in beautiful surroundings
  - Eight hours of yoga instruction - 4 sessions
  - Two mostly vegetarian dinners and two brunches
  - Unlimited use of hot and cold Olympic size mineral pools, saunas
  - Spa appointments, horseback riding, tennis, by appt.
- (phone: 760.782.4200)



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### **REGISTER NOW**

Return the form below to: Yoga Garden, 11257 Denivelle Place Tujunga, CA 91042

**TO REGISTER: \$100 deposit due NOW.** Balance due by 4 weeks before retreat.

**QUESTIONS?** (818) 353-8050. Upon registration you will receive a map and other valuable information.

NAME \_\_\_\_\_ E-mail \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

ROOMMATE \_\_\_\_\_ Do you have room in your car for a passenger? \_\_\_\_\_

PAYMENT ENCLOSED \_\_\_\_\_ TOTAL AMOUNT DUE \_\_\_\_\_