



Yoga & Spa Retreat

With Ida Unger

Certified Iyengar yoga instructor

April 9-11, 2010

- Treat yourself to yoga, relaxation, and fun!
- Deepen your yoga practice while enjoying the pleasures of soaking and swimming in natural mineral water, just two & a half hours southeast of L.A.
- 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 us at \$25 for all props or \$10 per single prop.

PRICE INCLUDES

- Two nights accommodation in beautiful surroundings
- Eight hours of yoga instruction
- 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)

REGISTER NOW

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

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

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

NAME _____

ADDRESS _____

PHONE _____

ROOMMATE _____

PAYMENT ENCLOSED _____ TOTAL AMOUNT DUE _____

Do you have room in your car for a passenger? _____