



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)



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? (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 _____