



## Yoga Retreat - May 18-20, 2018

### Registration Form

Name \_\_\_\_\_

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

Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City and State \_\_\_\_\_

Zip Code \_\_\_\_\_

#### Emergency Contact

Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Do you have any food allergies?

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Do you have any food restrictions or preferences? (Gluten-Free, Vegan, Vegetarian)

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**FOOD:** There will be four meals and snacks included. Lunch on Saturday will be on your own. There are many options near the house, or you might just want to simply lounge by the pool instead.

**ROOMS:** There are four luxurious rooms at the home we will be staying at. This will be a kind of grown-up slumber party atmosphere. There are very comfy, large beds in each room. If you have a close friend you would like to share this weekend with, let us know and you can be roomies!

If you would prefer not to share a bed, we will have air mattresses available, but we think that you will find that sharing a room with yogis that you know and love will be a part of the fun.

**HIKE:** On Sunday, we will be doing an easy hike at Tahquitz Canyon to a beautiful waterfall. There is a large flat rock that looks out over the valley and we plan on doing some simple yoga there – out in the magnificent beauty of the desert with other yogis at a magical spot that has a wonderful vibe.

This is an easy hike; even inexperienced hikers can do. Please bring a small backpack to carry water and snacks with you on the hike.

**SCHEDULE:** On the next page, we've included a sample outline of the weekend. We want to share a relaxing/ladies' time/pajama party kind of atmosphere with you. The only goal is for you to relax and have a space to just be you!



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### Sample Weekend Outline

#### Friday Evening (May 18, 2018)

**7:00 PM & On** Wine & Cheese  
Fire Pit  
Guided Meditation

#### Saturday (May 19, 2018)

**9:00 AM** Morning Yoga

**10:15 AM** Breakfast – Coffee & Juice

**11:15 AM - 2:30 PM** Free Time – Pool, Relax  
*Optional Massage Available\**  
**LUNCH on your OWN**

**2:30 PM - 5:00 PM** CranioYoga – CranioSacral Therapy and Yoga Mix

**5:30 PM** Dinner

**6:30 PM** Fire Pit/Pool/Free Time  
*Optional Massage Available\**

#### Sunday (May 20, 2018)

**9:00 AM** Breakfast

**10:00 AM** Prepare for Hike

**10:30 AM** Hike at Tahquitz Canyon – Hike to Waterfall, Yoga on Lookout Rock

**3:00 PM** Return and Get Ready for Departure

*\*There is an additional charge of \$75 if you choose to have an optional hour-long massage.*