



Come on out to Freewheelin' Farm for a beautiful day of yoga and sustainable food. Enjoy a nurturing, outdoor, all levels yoga class with Delana Thompson followed by a tour of the farm and a delicious, organic, vegetarian lunch prepared by the Freewheelin' folks.



Located 5 miles north of Santa Cruz, Freewheelin' Farm strives to nurture its crops in the most sustainable way, often going beyond strictly organic methods by, for example, building with reclaimed lumber and delivering CSA shares by bicycle!

Delana Thompson has been leading soulful yoga classes in the Santa Cruz area since 2005 and was voted the Good Times Best Yoga Teacher for 2009. She approaches yoga as a method for developing life skills that transfer off the mat into the world.



[www.FreewheelinFarm.com](http://www.FreewheelinFarm.com)



[www.YogaWithDelana.com](http://www.YogaWithDelana.com)

### **Advance Registration Required**

Name(s) \_\_\_\_\_ emergency contact name \_\_\_\_\_  
 \_\_\_\_\_ phone \_\_\_\_\_  
 email \_\_\_\_\_ food allergies/needs \_\_\_\_\_  
 phone \_\_\_\_\_ **Checks and Registration forms to:**  
 # people \_\_\_\_\_ x \$35 = \_\_\_\_\_ **Delana Thompson, 146 A Creek Drive, Aptos, CA 95003**

**Registration due by Friday, June 25th**

Download this form at [www.YogaWithDelana.com](http://www.YogaWithDelana.com) Questions: [info@yogawithdelana.com](mailto:info@yogawithdelana.com) or 831-332-1509