



# Fall Yoga Retreat

with Delana Thompson at  
Land of Medicine Buddha  
Oct 31 - Nov 2

Nurture yourself with a peaceful weekend of yoga surrounded by the natural serenity of beautiful redwood forests and Tibetan Buddhist artwork in nearby Soquel, CA. Enjoy classes in vinyasa, yin, and restorative yoga, meditation, pranayama, and chanting, delicious vegetarian meals, cozy accommodations, sauna, and plenty of free time for hiking, reading, journaling, and relaxing.



## Yoga With Delana.com

831-332-1509

Name \_\_\_\_\_ Email \_\_\_\_\_

Snail Mail Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Room Request \_\_\_\_\_

Food Allergies/ Special Dietary Needs \_\_\_\_\_

Emergency Contact Name and # \_\_\_\_\_

Commuting: \$280 / Triple: \$350 / Double: \$380 / Single: \$460 - all rooms have private bath  
\$100 deposit reserves your space, Balance Due Oct 10th, \$50 late registration fee applies thereafter.

Checks & Registration Forms to: **Delana Thompson, 146 A Creek Drive, Aptos CA 95003**

