



Spring Yoga Retreat

Transition and Transformation

with Delana Thompson & Amey Mathews
Land of Medicine Buddha, Soquel
May 8-10

Nuture yourself with a weekend of yoga surrounded by the beauty of redwood forests and open meadows. Together we will explore the idea of “changeless change” and how the practice of yoga can help us to gracefully navigate and accept transitions in our lives. Enjoy restorative and invigorating yoga classes, meditation, pranayama, chanting, discussion of yoga philosophy, delicious vegetarian meals, cozy accomodations, sauna, & free time for hiking, reading & relaxing.

YogaWithDelana.com

YogaWithAmey.com

831-332-1509

Name _____ Email Address _____
Mailing Address _____
Phone Number _____ Room Request _____
Food Allergies/Special Dietary Needs _____
Emergency Contact Name and # _____

Commuting: \$284 / Shared (3-4): \$344 / Double: \$374 / Single: \$464 - all with private bath
\$100 deposit reserves your space, Balance Due April 8th, \$50 late registration fee thereafter

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

