

# Spring Yoga Retreat

## *Awakening Insight*

with Delana Thompson & Amey Mathews

Land of Medicine Buddha, Soquel

Fri. April 16 – Sun. April 18

Celebrate the return of Spring with a weekend of yoga, nature, and insight. Through a combination of active and restorative yoga postures, pranayama, meditation and discussion, we will explore how to encourage self-knowledge and insight to blossom in our hearts and our practice. In between classes, there will be time to enjoy the sauna, go for a hike, or simply relax and reflect. Enjoy delicious vegetarian meals, wonderful people, and a gorgeous setting of redwood forests, open meadows, and Tibetan artworks.

Single Accommodation \$446 -- Double \$356 -- Shared (3-4) \$326  
Commuting \$276 - space very limited, register early

A non-refundable, \$100 deposit reserves your space; balance due March 15th.  
After March 15th, please add a \$50 late registration fee. \*Until March 1st, pay in full  
for a \$20 discount.

### To Register:

Please include the following information with your check to "Delana Thompson":

Name \_\_\_\_\_

Postal Address \_\_\_\_\_

Email \_\_\_\_\_

Phone number \_\_\_\_\_

Accommodation request \_\_\_\_\_

Food allergies or special needs \_\_\_\_\_

Mail to Delana Thompson, 146 A Creek Drive, Aptos, CA 95003

831-332-1509

[yogawithdelana.com](http://yogawithdelana.com)

[yogawithamey.com](http://yogawithamey.com)

