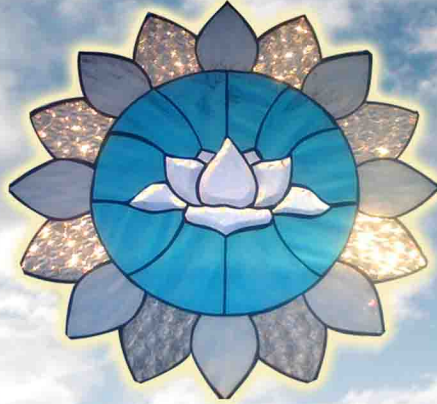


Spring Yoga Retreat



The Jewel of Compassion

April 8-10, 2011

with Amey Mathews and Delana Thompson
Land of Medicine Buddha, Soquel CA

Enjoy a weekend of yoga and meditation while surrounded by beautiful redwood forests, open meadows, and Tibetan artworks. Discover practices for embodying inward friendliness, widening the circle of compassion, and meeting the world with a present and open heart-mind. The retreat includes delicious vegetarian meals, cozy accommodations, sauna, and plenty of free time for hiking, reading, and relaxing.



www.YogaWithDelana.com
www.YogaWithAmey.com
831-332-1509



To register, please send the following info plus a non-refundable, \$100 deposit.

Name(s) _____
Email(s) _____
Snail Mail Address _____
Phone Number _____
Food Allergies/ Special Dietary Needs _____

Please circle one (prices are per person):
Shared (3-4): \$356 / Double: \$386 / Single: \$476

Registration & final payment due March 8th; \$50 late registration fee applies thereafter.

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