



**Full Retreat Rates** –Yoga poses, meditation, self-inquiry, silence and unstructured time creates an environment conducive to dropping the details of daily life and revealing the simple peace. Included in this 3 days retreat will be Gentle Yoga, Restorative Yoga and Meditation classes, along with gourmet vegetarian meals. Travel arrangements to Ojai should be arrange by you.

Rooms	Price	Picture of room	Bathroom	Open/Reserved
#1 – Single bed in Master Bedroom	\$485		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#2 – Single Bed Two in Master Bedroom	\$485		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#3 – Single Bed Three in Master Bedroom	\$485		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#4 – Single Bed four in Master Bedroom	\$485		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#5 – Single Bed on Sleeping Porch room	\$495		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#6 – Single bed two in Sleeping Porch room	\$495		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	

#7 – Single bed one in Semi-Master bedroom	\$495		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#8 – Single Bed Two in Semi-Master	\$495		Large Shared Master Bathroom and 2 <sup>nd</sup> half Bathroom for beds 1-8	
#9 – Private Single Bed in Yellow Room	\$538		Full private bathroom with separate shower and Bath. Shared with beds 9 & 10	
#10 – Private Single Bed in Yellow Room	\$538		Full private bathroom with separate shower and Bath. Shared with beds 9 & 10	
#11 – Private single bed in Blue Room Private Bath	\$530		Full private bathroom with separate shower and Bath. Shared with 11, 12 & 13	
#12 – Private single Bed in Blue Room	\$530		Full private bathroom with separate shower and Bath. . Shared with beds 11, 12 & 13	
#13 - Private single bed in Blue Room	\$530		Full private bathroom with separate shower and Bath. . Shared with beds 11, 12 & 13	

## Rest & Renewal (R&R) Yoga Retreat for 13 participants.

**Gentle Yoga Classes** Yoga practice promotes physical, mental and spiritual health. Gentle Yoga is placed on developing strength, endurance, balance and alignment through awareness of the body's sensations and the breath. The classes are appropriate for the novice and experienced practitioner.

**Restorative Yoga Class** - Your body learns to let go of tension we rarely notice, while still working at your edge resulting in a healthy range of motion, inner focus, healing, and balance. **Restorative Poses and breath work** offer deep rest and the cultivation of a refined attunement to stillness and quietude.

**Meditation** (or Yoga Nidra) periods are approximately 30 minutes and draw on the guidance will be offered in breath awareness and in open attention with the focus to relax and simply be with what is, as it is, without manipulation, so that we may come to rest in the natural state of awareness.

**Unstructured Time** allows for walking trails or biking/walking in the unique town of Ojai, napping, taking a swim in the pool, reading, or for doing nothing.

**Wholesome Meals** are prepared fresh three times daily. Much of the food comes from the extensive organic vegetable gardens. Our private chef has a passionate interest in understanding the relationship between a wholesome diet and vitality and the meals served on retreat reflect this commitment. The menu is vegetarian and includes dairy, and eggs. Special dietary needs for gluten-free and lactose free meals can be accommodated with advance notice.

**Participants** are asked to come prepared to be fully present during the retreat, attending to personal and business details before coming on retreat and taking a break from computers and cell phones. This will greatly enhance the retreat experience.

<u><b>Tentative Retreat Schedule</b></u>	
Meditation	7:30 – 8:00
Breakfast	8am
Personal time – walking, swimming, resting, etc	

Gentle Yoga	10:00 – 11:30PM
Lunch	12:00 pm
Personal time – walking, swimming, resting, etc	
Restorative Yoga	4:00 – 5:30 pm
Dinner	6:00 pm
Evening Meditation – Yoga Nidra	7:30-8pm
Fireplace gathering offered after meditation	

- Arrival between 4 and 6 pm the first day of the retreat.
- Dinner is served at 6 pm. Restorative Yoga class will be at 8pm
- Departure on the last day after the morning session and breakfast. (approximately 11:00am)
- Please email [Vicki@yogaformankind](mailto:Vicki@yogaformankind) with your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> room request. The room will not be reserved until the \$200 deposit is received. The rest for payment for the retreat can be made in payments or in full 30 days before the retreat.