

A Retreat

Our retreat will begin Friday at 3pm with a period for settling in, for connecting with our natural surroundings (visiting the river or garden), or for resting/ napping, and will end with a closing lunch on Sunday.

Our practice will be suitable for beginning and continuing levels.

Wholesome, home-cooked meals with produce from our organic garden, whenever possible, will be provided.



Our schedule will include free time to replenish in the peace of this beloved spot, to swim in Wellspring's swimming hole in the Navarro, to hike among redwoods in the adjacent Hendy Woods State Park, or to visit the nearby resort town of Mendocino and the Pacific Ocean. On clear nights, the stars and Milky Way are visible. No activity is mandatory.

Fees

Fees include 2 nights accommodation, all meals, and all classes.

A deposit of \$100 will reserve your space, and the full balance is due on August 1st. There will be a \$75 refund of any deposit if a replacement can be found. If no replacement can be found, the deposit is nonrefundable.

Lodges or Housekeeping Cabins - \$360
(\$340 Early Bird Rate: balance due by Jul 15)
Rustic Cabins - \$340
(\$320 Early Bird Rate: balance due by Jul 15)
Camping - \$275

(\$255 Early Bird Rate: balance due by Jul 15)
Commuting Guests - \$100 plus cost of meals taken.

Fees are calculated on double occupancy in lodges and cabins. Add \$75 if single occupancy is desired. Non-participating guests subtract \$100.00

Please bring the following yoga props:

- ❖ stickmat
- ❖ 2 blankets

**For further information,
please call 510.847.8709
or e-mail kwyogabalance@yahoo.com
or dana@sonomabodybalance.com**

Dana Davis and Kristen Walker went through their yoga teacher training together nearly 10 years ago, and overlapped at that time in their Balance teacher training. They completed the **Advanced Studies Program at The Yoga Room in Berkeley**, a yoga teacher training in the Iyengar tradition, and the **Balance Teacher Training with Jean Couch at The Balance Center in Palo Alto**. Dana has been studying with Jean Couch since 1994, and teaching Balance since 1997. Kristen has been studying with Jean Couch since 1999.

Since their trainings, Kristen has moved to the tiny town of Philo in the country, where she teaches ongoing Yoga in Balance classes. Dana continues to teach Balance and Yoga in Balance classes in Petaluma. Dana has had the special opportunity of studying with Noelle Perez, who lives in France and who did the original research on natural postural alignment, and of studying with Noelle's senior teachers.

For more information on Balance:
www.balancecenter.com.

