

Celebrate Spring Renewal

YOGA+PILATES RETREAT

Ojai Eco-Sanctuary | April 20-22, 2012



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JENNA ANDERSON | www.radiantstrenght.com
Certified Pilates Method, The Pilates Center Boulder, CO
Certified in Shiva Rea Prana Flow Yoga Venice Beach, CA
Certified in Nithya Yoga Bidadi, India
jenna@radiantstrenght.com | (310) 750-7039

KAREN GUTIERREZ | www.pilateskaren.com
Certified Pilates Method: Physicalmind Institute
Certified in Vinyasa/Hatha Yoga, Yoga Alliance Teacher
Founder & Owner: Joy of Movement Pilates Studio,
Rancho Palos Verdes, CA + 20 years teaching
pilateskaren@yahoo.com | (310) 489-7591

— **RETREAT INCLUDES** —

3 days/2 nights accommodations

Pilates

Yoga & Meditation

Kirtan

Hiking

Wellness Workshops

Wine-tasting

Bodywork (additional fee)

— **AYURVEDIC VEGETARIAN MEALS** —

renowned chef, Meredith Klein

www.pranaful.com

Ashish Sehgal M.D., M.B.A.

(310) 722-2649

joyofwellness1@gmail.com

— **PRICE RANGE** —

\$650 to \$895 depending on accommodation

\$250 Non Refundable Deposit to hold your spot

\$50 Early Bird Registration Discount before Jan. 1st, 2012

\$50 Discount + Free Gift before Dec. 25th, 2011

Call (310) 722-2649 joyofwellness1@gmail.com

IN HONOR OF EARTH DAY:

10% OF ALL PROCEEDS WILL GO TO

www.rainforestfoundation.org

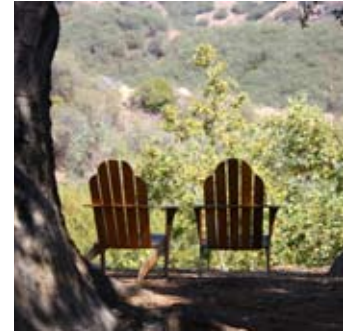
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