



SANTA BARBARA THANKSGIVING YOGA RETREAT WITH **CHAZ** NOVEMBER 16-18, 2012

Release and open your heart in time for Thanksgiving

Escape for a weekend getaway to Santa Barbara's magnificent El Capitan Canyon Resort. Nestled along a creek in historic groves of oak and sycamore trees, the cedar cabins and safari tents are a nice way to enjoy nature lodging by the beach.

Enjoy daily Vinyasa flow classes, a special healing Yin yoga class with Ellen Kalmenson, breath work, a heated pool and complimentary beach bicycle rentals. Five delicious vegetarian American meals will be offered, including a Thanksgiving dinner and wine tasting. Plenty of personal free time will be available for optional excursions, massages and enjoying the ocean breeze while catching a sunset. You won't want to miss this opportunity to take home a sense of serenity and gratitude in time for the holidays.

REGISTRATION INFORMATION:

Check in: Friday, November 16 after 3pm
Check out: Sunday, November 18 before 11am

A total refund will be provided if cancellation is made before November 1, and half the amount thereafter.

Chaz: (E-RYT-500, T-500) a devoted yoga teacher of 7 years, and yogini for 18+ years, founded Sisters Yoga and Sisters Yoga School in Fresno-- a successful all female yoga studio. She was voted "Best LA Yoga Instructor" (*LA Family Magazine*) is a lululemon ambassador, Yoga Gives Back ambassador, and has been featured on Dr. Phil, and in the documentary film *Discover The Gift*. Chaz teaches joyful, creative yoga classes that are a fountain of fun and believes yoga should not be serious, as life is serious enough.

ACCOMMODATIONS:

Safari Luxury Tent hardwood floors, double beds or Queen bed for single occupancy/couple, with short walk to modern bathrooms/showers

2x Occupancy:	\$485
	\$965 for a couple
Single Occupancy:	\$695

Bunk Bed Cabin 2 bunk beds with private bath, sleeps 2-4

Quad Occupancy:	\$525
2x Occupancy:	\$575

Canyon Queen Cabin with private bath

Single Occupancy:	\$895
Couple:	\$1,195

All prices are on a per person basis and include lodging, all yoga activities and wine tasting.



CALL NOW TO REGISTER!

Contact Chaz • 661.312.0509

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Limited space available.

