WOMEN'S RETREAT
YOGA & MEDITATION
SAVITA & DENISE
OCTOBER 26-29, 2012
ASILOMAR CONFERENCE GROUNDS

Indulge in four delicious days away from the pressures of daily life.

Explore self-empowerment and self-discovery with the support of other like-minded women at Asilomar, a "refuge by the sea" along the Monterey Bay. Imagine strolling along coastal bluff trails and immersing yourself in yoga, meditation, Intrinsic Movement and more with Savita Geuther and guest teacher, Denise Martini.

Experience therapeutic asanas to restore balance of body and mind, rejuvenating breathing practices, centering meditations with Savita and mindful movement explorations with Denise. Enjoy time for quiet introspection. Evenings will include journaling and other expressive arts. For additional information visit Savita's website.

ACCOMMODATIONS:

Double room with private bath:
$640; $690 after 9/26

Single room with private bath:
$760; $810 after 9/26

All prices are on a per person basis and include yoga activities, 3 meals a day and 3 night accommodations.

REGISTRATION INFORMATION:

Check In: Friday, October 26 at 4pm
Check Out: Monday, October 29 at 1pm
Early Registration Date: September 26, 2012

Savita Geuther
www.theartofnaturalhealing.com

Denise Martini
www.somasense.com

CALL NOW TO REGISTER!
Contact Savita Geuther • 760.519.6203
savitag@theartofnaturalhealing.com

Limited space available. $300 non-refundable deposit required to reserve your space.

*Visit **www.yogaworks.com** for more information.*

RETREAT POLICY: An advance deposit of $300 is required to reserve your space on this retreat. All deposits are non-refundable. Deposits are transferable to another retreat if cancellation is received by July 26, 2012. No deposit or payment transfers will be made if cancellation is received after the above cancellation deadline. Balance must be paid in full by the early registration date in order to receive the discounted rate. Balance must be paid in full by October 16, 2012 for everyone else.

yogaworks® FOR EVERYBODY