

SAVITA GEUTHER

YOGA RETREAT IN THE SANTA CRUZ MOUNTAINS

May 30 - June 3, 2014

MOUNT MADONNA CENTER

ACCOMMODATIONS:

Single w/ private bath	\$950
Single w/ shared bath	\$840
Double w/ private bath	\$790
Double w/ shared bath	\$730
Triple w/ shared bath	\$680
Center Tent	\$560

All prices above are on a per person basis. Includes four nights at the Mount Madonna Center and three meals daily. The above early registration rates apply if paid in full by April 30, 2014, after that date please add \$50.

REGISTRATION INFORMATION:

Arrival: Friday, May 30 at 4pm

Departure: Tuesday, June 3 at 1pm



Please join Savita for a 4-day meditation and yoga immersion at Mount Madonna Center, overlooking Monterey Bay. The focus of this retreat will be on exploring the silence and sacred within by diving into the ancient teachings of yoga, including restorative and therapeutic asanas, Pranayama (breathing), dharana (concentration) leading to dhyana (meditation).

The unspoiled 355 acres of mountain top redwood forest will allow us to naturally connect to the peace of the land, as well as the peace within. Extended periods of silence, walking meditations, plus studying the ancient Sutras of Patanjali will further deepen your experience of peace, well-being and equanimity. The afternoon sutra study sessions will be co-lead by long term practitioners of yoga, Dayanand and Sarada Diffenbaugh. Whether you are a long time practitioner or have just recently started a yoga/meditation practice, this retreat is for all those who truly enjoy a deeper connection with themselves, with nature, and who seek to deepen their understanding of yoga within the company of a supportive community.



Savita Geuther

REGISTER NOW!

Contact Savita at 760.519.6203 or
Savitag@theartofnaturalhealing.com

Limited space available. An advanced deposit of \$350 is required to reserve your space.

RETREAT POLICY: A non-refundable advance deposit of \$350 is required to reserve your space for this retreat. Balance must be paid in full by 4/30/14 to avoid paying a \$50 registration fee.

