



SANTA BARBARA THANKSGIVING YOGA RETREAT WITH **CHAZ** NOVEMBER 15-17, 2013

Release and open your heart in time for Thanksgiving

Escape for a weekend getaway to Santa Barbara's magnificent El Capitan Canyon Resort with Chaz and friends! 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 Louise Guzman, breathwork with Laurence, a heated pool and complimentary beach bicycle rentals. Five delicious meals with vegetarian options will be offered including a Thanksgiving turkey 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 15 by 3pm
Check out: Sunday, November 17 by noon

Payment must be made in full upon reservation. Full refund will be granted before 10.15.13. Partial payment refunded before 11.1.13. Full payment will be held if cancelled within final week. Payment plans are offered with exception.

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, yoga and wine tasting. Cabins come with linens and towels, indoor heaters, and are equipped with mini fridge, microwave, and wet bar sink.



CALL NOW TO REGISTER!

Contact Chaz • 661.312.0509

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Limited space available.

