



photos by Karen Ratzlaff

Springtime Yoga Retreat:

March 24th and 25th, 2018

at Villa Angelica, Carmel (across from Monastery Beach)

Karen Cook will lead this Spring Renewal Retreat at the beautiful Villa Angelica. Full yoga practice on Saturday including Lunch and Dinner. Sunday will include morning meditation and active Yoga practice, as well as a light breakfast and Brunch. Dr. Jay will offer some tunes during our wine reception. Our incredible chef will be joining us!

Space is limited to only 10 students this time and we will be practicing in the Chapel as the upstairs Yoga room is undergoing restoration.

1 night, Yoga and meals - \$425.00 per person

Yoga and meals only - \$325.00 per person

**To reserve your space in the workshop,
please pay by cheque in full by March 4, 2018**

(cancellation by March 10 to receive a full refund minus a \$25 admin fee)

**Mail to : Karen Cook Yoga,
2600 Garden Road #232,
Monterey CA, 93940**

Please bring a yoga mat, blanket and strap.

Name: _____

Telephone _____ email _____

Address: _____

___ Lodging, Yoga, Meals \$425.00 ___ Yoga, Meals Only \$325.00

cookswellness.com or 831-375-5117