



Westerbeke Yoga Retreat

with Elise Browning Miller and Marla Apt

Thursday – Sunday, October 19-22, 2017 or

Friday – Sunday, October 20-22, 2017

The Westerbeke Ranch, located outside Sonoma in the heart of the wine country, only 60 miles from San Francisco, is a charming place to practice yoga. Facilities include comfortable redwood cabins, sun decks, Jacuzzi, and a large swimming pool. The food is vegetarian California country cuisine – and you will find it a special treat.

The retreat begins at 4:00 PM on either Thursday or Friday and ends after lunch on Sunday. There are separate asana classes for beginning and intermediate students. Early morning meditation will also be offered and there will be plenty of free time to hike, bike or simply relax in the beautiful surroundings. Massage is available for an additional fee.

Thursday-Sunday package includes: accommodation for three nights, a yoga class late Thursday afternoon, two classes on Friday and Saturday and a morning class on Sunday. All meals are provided from dinner on Thursday through lunch on Sunday. Price is \$820 paid in full **OR** \$125 deposit plus \$715 balance (total \$840). Additional fee for couples room.

Friday-Sunday weekend retreat includes: accommodations for two nights, a yoga class late Friday afternoon, two classes Saturday and one morning class Sunday. All meals are provided from dinner on Friday through lunch on Sunday. Price is \$610 paid in full **OR** \$125 deposit plus \$505 balance (total \$630). Additional fee for couples room.

Please register early. This retreat fills fast, especially couples' rooms.

(Cancellation received on or before September 10 will receive a full refund LESS \$40.00 processing fee)

For More Information/Registration: Elise Miller, 1081 Moreno Ave., Palo Alto, CA 94303
650-493-1254 / Fax: 650-857-0925 / www.ebmyoga.com / email: info@ebmyoga.com

Elise Browning Miller & Marla Apt at Westerbeke Ranch October 19-22 or October 20-22, 2017

<input type="checkbox"/> Thursday - Sunday (October 19-22)		<input type="checkbox"/> Friday - Sunday (October 20-22)	
Rates per Person		Rates per Person	
Pay in Full	Pay with Deposit	Pay in Full	Pay with Deposit
<input type="checkbox"/> Couples room \$920	<input type="checkbox"/> \$125 deposit + balance due \$815 by Sept 10	<input type="checkbox"/> Couples room \$685	<input type="checkbox"/> \$125 deposit + balance due \$580 by Sept 10
<input type="checkbox"/> Shared room \$820 (room 3 – 4 people)	<input type="checkbox"/> \$125 deposit + balance due \$715 by Sept 10	<input type="checkbox"/> Shared room \$610 (room 3 – 4 people)	<input type="checkbox"/> \$125 deposit + balance due \$505 by Sept 10

Total Amount Enclosed \$ _____

Number of Reservations _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Names of roommates in your party _____

Check _____ Credit Card # _____ Expiration Date _____

To reserve a workshop space, send form along with fee to Elise Miller. Please make checks payable to Elise B. Miller, 1081 Moreno Ave., Palo Alto, CA 94303. For more information: (650) 493-1254, fax 650-857-0925, e-mail: info@ebmyoga.com



Elise Browning Miller, M.A. in Therapeutic Recreation - is a founding director of the California Yoga Center in Mountain View, CA and is a faculty member at the Iyengar Yoga Institute of San Francisco. She is a senior certified Iyengar yoga teacher who has taught yoga throughout the country since 1976. Elise teaches special workshops on scoliosis, leads yoga retreats internationally and sees students privately for scoliosis, other back problems and sports related injuries. Elise recently published her comprehensive book **"Yoga for Scoliosis – A Path for Students & Teachers"**. This along with her book, Yoga: Anytime, Anywhere, her DVD "Yoga for Scoliosis" with booklet and "Yoga for Back Care" and "Intermediate Yoga" DVD are available for sale at the retreat. Her joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise and nurturing. Visit Elise's website: www.ebmyoga.com or www.yogaforscoliosis.com.



Based in Los Angeles, **Marla Apt** is a Senior Intermediate level Certified Iyengar Yoga teacher. Her 20 years of experience have made her a prominent instructor in the United States and abroad where she leads workshops, intensives, retreats and teacher training programs. Marla has visited India annually to pursue education in the yogic arts under the direction of B.K.S. Iyengar and now his children, Geeta and Prashant. In a piece by Yoga Journal Magazine, Marla was highlighted as one of twenty-one young yoga teachers helping to "shape the future of yoga." She has assisted with medical research studies at UCLA regarding yoga as a treatment for depression, anxiety and IBS. Marla founded the non-profit organization, Iyengar Yoga Therapeutics to help make the healing benefits of Iyengar Yoga available to communities in need.