Westerbeke Yoga Retreat

with Elise Browning Miller and Janet MacLeod

Thursday – Sunday, October 18-21, 2018 or
Friday – Sunday, October 19-21, 2018

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. There is a fish option on Saturday.

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 & Janet MacLeod at Westerbeke Ranch October 18-21 or October 19-21, 2018

❑ Thursday - Sunday (October 18-21)		❑ Friday - Sunday (October 19-21)	
Rates per Person		**Rates per Person**	
Pay in Full	**Pay with Deposit**	**Pay in Full**	**Pay with Deposit**
❑ Couples room $920	❑ $125 deposit + balance due $815 by Sept 10	❑ Couples room $685	❑ $125 deposit + balance due $580 by Sept 10
❑ Shared room $820 (room 3 – 4 people)	❑ $125 deposit + balance due $715 by Sept 10	❑ Shared room $610 (room 3 – 4 people)	❑ $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_____

- ***Please Note: Your Credit Card charge will be made to Shanti Productions.***

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.

Janet MacLeod has been a Certified Iyengar Yoga Instructor for over 30 years. She teaches in the Teacher Training Program at the Iyengar Yoga Institute of San Francisco and conducts retreats and workshops worldwide. She continues to study in India and in the U.S. with the Iyengar family. Known for the clarity of her instruction and her Scottish wit and wisdom, Janet makes yoga a joyful journey with surprising destinations. Visit Janet's web site: jmacleodyoga.com.
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