



# Asilomar Yoga Retreat

with Elise Browning Miller and Marla Apt

Friday – Sunday, October 9-11, 2020

Celebrated as Monterey Peninsula's "Refuge by the Sea" - Asilomar State Beach and Conference Grounds is a breathtakingly gorgeous 107 acres of ecologically diverse beachfront land. Situated within the quaint and scenic town of Pacific Grove, Asilomar offers guests the simple comforts of historic lodges - and an unforgettable escape from the demands of everyday life. Facilities include comfortable redwood rooms, a large heated swimming pool and access to the beach.

The retreat begins at 4:00 PM on 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 enjoy hiking, biking, beach volleyball, bird watching, sunbathing, swimming, surfing or simply relax in the beautiful surroundings.

**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:**

\$765 paid in full **OR** \$125 deposit plus \$660 balance (total \$785) for triple accommodation  
\$895 paid in full **OR** \$125 deposit plus \$790 balance (total \$915) for double  
\$1340 paid in full **OR** \$125 deposit plus \$1235 balance (total \$1360) for single

**This retreat fills up fast, please register early.**

(Cancellation received on or before September 1, 2020 will receive a full refund LESS \$50.00 processing fee)

**For More Information/Registration: Elise Miller, 1081 Moreno Ave., Palo Alto, CA 94303**  
650-493-1254 / [www.ebmyoga.com](http://www.ebmyoga.com) / email: [info@ebmyoga.com](mailto:info@ebmyoga.com)

**Elise Browning Miller & Marla Apt at Asilomar October 9-11, 2020**

<b>Friday - Sunday (October 9-11, 2020)</b>	
<b>Rates per Person</b>	
<b>Pay in Full</b>	<b>Pay with Deposit</b>
<input type="checkbox"/> Single room \$1340	<input type="checkbox"/> \$125 deposit + balance due \$1235 by Sept 1
<input type="checkbox"/> Couples room \$895	<input type="checkbox"/> \$125 deposit + balance due \$790 by Sept 1
<input type="checkbox"/> Shared room \$765 (room 3 people)	<input type="checkbox"/> \$125 deposit + balance due \$660 by Sept 1

**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, 1081 Moreno Ave., Palo Alto, CA 94303.  
For more information: (650) 493-1254, fax 650-857-0925, e-mail: [info@ebmyoga.com](mailto: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](http://www.ebmyoga.com) or [www.yogaforscoliosis.com](http://www.yogaforscoliosis.com).



Based in Los Angeles, **Marla Apt** is a Senior level Certified Iyengar Yoga teacher. Her 25 years of experience have made her a prominent instructor both throughout the United States and abroad where she leads workshops, intensives, retreats and teacher training. 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. In addition, Marla has created the first yoga therapy content to be incorporated into the curriculum of the David Geffen School of Medicine at UCLA. Visit Marla’s website: [www.yoganga.com](http://www.yoganga.com).