



Westerbeke Yoga Retreat

with Elise Browning Miller and Janet MacLeod
Friday – Sunday, October 13-15, 2023

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 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 are available for an additional fee.

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 \$970 paid in full **OR** \$200 deposit plus \$795 balance (total \$995). Additional fee for couples room (preference given to partners and married couples).

Please register early.

Cancellation received on or before August 1, 2023 will receive a full refund LESS \$50.00 processing fee. After August 1, 2023 no refunds will be issued unless someone registers for your spot.

For More Information/Registration:
www.ebmyoga.com info@ebmyoga.com

Elise Browning Miller & Janet MacLeod at Westerbeke Ranch October 13-15, 2023

Friday - Sunday (October 13-15)	
Rates per Person	
<input type="checkbox"/> Pay in Full	<input type="checkbox"/> Pay with Deposit
<input type="checkbox"/> Couples room \$1100	<input type="checkbox"/> \$200 deposit + \$925 balance due by September 1, 2023
<input type="checkbox"/> Shared room \$970	<input type="checkbox"/> \$200 deposit + \$795 balance due by September 1, 2023

Total Amount Enclosed \$ _____ Number of Reservations _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Names of roommates in your party (relationship to them – we need this information for bed arrangements):

Check _____ Credit Card # _____ Expiration Date _____

- **Please make your CHECK payments to Elise Miller PO Box 22346, Carmel, CA 9392**
- **Please Note: your CREDIT CARD will be charged by Shanti Productions.**

**To reserve your spot, send this form along with check made to Elise Miller, Po Box 22346, Carmel, CA 93922.
 For more information, 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. She is a senior level Certified Iyengar Yoga Teacher, who has taught yoga 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 *Yoga for Scoliosis DVD*, *Yoga for Back Care* and *Yoga for Scoliosis booklet* and her *Intermediate Yoga in Fiji 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 began studying yoga in London during the late 1970's and continues to study with the Iyengar family both in the West and in India. She has been a Certified Iyengar Yoga Teacher (CIYT) since 1983.

She teaches ongoing classes at the Iyengar Yoga Institute of San Francisco (IYISF) and is also an assessor for the National Certification Committee. This provides her with a deep understanding of Iyengar Yoga.

Her style of teaching is faithful to the ancient tradition of yoga but is infused with love and light. Janet believes in sharing the joy that she has found in yoga with all who come in contact with her. This along with the technical skills she has accumulated over many years of personal practice, study and teaching make her a much sought-after teacher wherever she goes. Visit Janet's website: www.jmacleodyoga.com.