



Westerbeke Yoga Retreat

with Elise Browning Miller and Marla Apt
Friday – Sunday, October 4-6, 2024

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 \$980 paid in full **OR** \$200 deposit plus \$805 balance (total \$1005). Additional fee for couples room (preference given to partners and married couples).

Please register early.

Cancellation received on or before August 1, 2024 will receive a full refund LESS \$50.00 processing fee. After August 1, 2024 no refunds will be issued unless someone registers for your spot.

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

Elise Browning Miller & Marla Apt at Westerbeke Ranch October 4-6, 2024

Friday - Sunday (October 4-6)	
Rates per Person	
<input type="checkbox"/> Pay in Full	<input type="checkbox"/> Pay with Deposit
<input type="checkbox"/> Couples room \$1110	<input type="checkbox"/> \$200 deposit + \$935 balance due by September 1, 2024
<input type="checkbox"/> Shared room \$980	<input type="checkbox"/> \$200 deposit + \$805 balance due by September 1, 2024

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 93922**
- **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.



Marla Apt is a Senior level Certified Iyengar Yoga teacher with over 25 years of experience teaching yoga and studying with BKS Iyengar and the Iyengar family. Highlighted by Yoga Journal Magazine as one of twenty-one yoga teachers helping to “shape the future of yoga,” Marla has been teaching Iyengar Yoga in Los Angeles, nationally and internationally for over 25 years. Since visiting India for the first time to conduct research for a degree in Buddhist philosophy, Marla has returned annually to study yoga with B.K.S. Iyengar and his children, Geeta and Prashant. She helped design and assisted with medical research studies at UCLA on 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.