

# Springtime Yoga Celebration

With Greg Riley

March 16th, 17th, & 18th, 2012

At the

## *Westerbeke Ranch*

In the heart of the Sonoma Valley

Join Greg for 3 days & 2 nights of Yoga bliss at the acclaimed Westerbeke Ranch in the heart of the Sonoma Valley. Westerbeke Ranch offers a near perfect blend of natural ambiance along with recreational activities galore. Located in the heart of the Sonoma Valley wine country, Westerbeke is an ideal environment for Yoga rest, relaxation, and rejuvenation.



This 3 day weekend includes 4 comprehensive yoga classes, accommodations, sumptuous meals, plenty of “off” time for hiking, shopping, massage horseback riding, swimming, sun & fun! Space is limited, please make reservations today. Cost of entire package, including 4 yoga classes, Saturday workshop, accommodations, and meals is \$450. A deposit of \$200 holds your reservation, full payment is due by Feb 1st, 2012

Westerbeke is a magical setting for transformational yoga experience. Our semi-annual visits to this gorgeous location have been nothing less than extraordinary. A Westerbeke Ranch retreat creates an immersive Yogic environment that produces benefits to mind, body, and soul far beyond what could be imagined in 3 “regular” days of your life. The ambience, camaraderie, and peace; the feeling of “having gone to another world” although Westerbeke is only 75 minutes away is profound. If you have not gone on a yoga retreat, discover the joy that so many friends have felt from engaging their first. If you have gone to Westerbeke with me, gift yourself with the relaxation, the rejuvenation (and the FOOD!) you deserve every few months to maintain your sanity, happiness, and well-being.



### **Early Bird Discount - Pay \$425 in full by 10/31 & Save \$25 off the Retreat fee**

If you know you're coming and you pre-pay \$425 by October 31st, 2011, you will save \$25.00 off the regular retreat fee. Limited time offer, Early bird checks must be postmarked by October 31st. Please mail your deposit check to: Greg Riley, 1743 Green Valley Rd., Danville, Ca., 94526. For additional information, please contact Greg at [www.upwardspiralyoga.com](http://www.upwardspiralyoga.com). Thank you.