

*3rd Annual Ojai Oasis Yoga Retreat
August 13-15, 2010*



W/ Julie Rader & Valinda Cochella & Special Guest Girish !



www.southbayyoginis.com

www.girishmusic.com

www.juliesyoga.com



Please come Join Valinda, Julie & Girish



for a blissful weekend of LIVE music/kirtan w/ Girish, Kundalini, Vinyasa Yoga, Meditation in the beautiful Ojai Valley, only 1.5 hrs away from LA. Also, enjoy the breath-taking and serene surroundings, Gourmet vegetarian food, massage, organic wine, and great company. In addition, the retreat offers a saltwater pool, jacuzzi and plenty of trails for hiking or taking long walks and reflecting.



***Schedule:**

August 13, Friday

1:00 pm - Check in and get settled (Free Time)

4:30 pm – Opening Circle and Yoga class w/ Valinda & Julie LIVE music w/ Girish (approx 2 hours)

7:00 pm – Dinner

9:00 pm – Wine Tasting

August 14, Saturday

7:30 am – Meditation w/ Valinda

8:30 am – Light Breakfast

10:30 am –Vinyasa Flow Yoga Class w/ Julie

12:00 pm - Yoga Nidra w/ Julie

12:30 pm – Lunch (Free Time, massages etc.)

4:30 pm – Kundalini Yoga Class w/ Valinda

7:00 pm – Dinner

8:00 pm –LIVE KIRTAN WITH GIRISH

August 16, Sunday

7:30 am –Meditation w/ Julie

8:00 am – Light Breakfast

9:30 am – Partner Yoga w/ Valinda and Julie

11:00 am – Brunch

12:30 pm – Check out (must be off premises at 1pm)

- all programs are optional /subject to change ☺ of course!

Accomodations:

Main House \$675 pp

Sleeping porches \$620pp

Private Couple Room \$700 pp (based on double occupancy)

Yurts (outside) \$575 pp-sleeps 7

Private Tea House(outside) \$620pp based on double occupancy

Go to www.juliesyoga.com Retreats page to Register, or contact Valindac49@hotmail.com, or Monica @ 310-739-1588, monica.bouttepeeke@sbcglobal.net

\$300 non-refundable deposit due by June 15, 2010, we look forward you joining us. This Retreat wil Fill, reserve your spot NOW! Om



For a virtual tour of facilities www.casabarranca.com