

# Spring Yoga Retreat

at El Capitan Canyon

Friday, April 8 - Sunday, April 10, 2005

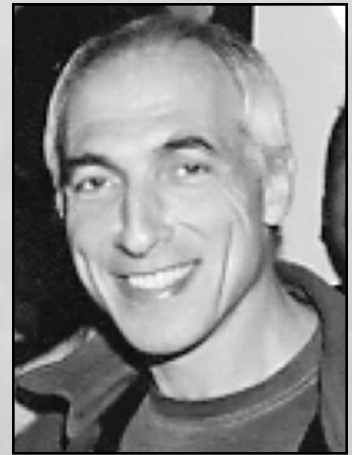
Welcome Springtime ~ a time of unfolding and great promise. The transition from winter to summer is the perfect time to reestablish your commitment to your health. When you spend time out in nature you return to your city life invigorated and inspired. Join us for a weekend of yoga at the coastal resort of El Capitan Canyon 17 miles west of Santa Barbara. Peter will lead yoga classes on Friday evening, Saturday morning, Saturday afternoon, and Sunday morning. Gourmet meals are also included.

El Capitan Canyon guests experience all of the adventure and beauty that nature has to offer in comfortable surroundings, complete with amenities that pamper. Camping in the Canyon is not about pitching a tent in the dark, but enjoying the comforts of home among a grove of oak and sycamore trees along El Capitan Creek. Cabins are equipped with full bathrooms, linens, towels, kitchenettes, private picnic tables and fire pits.

You are invited you to relax, refresh and get back to nature with a visit to El Capitan Canyon. Smell the wild sage in the early spring blossoming. Listen to the frogs. Feel the ocean breeze, see and hear the rhythmic waves. This is a personal encounter with nature. Look, marvel, be enlightened, and take home a sense of serenity.

with

**PETER  
BARNETT**



**CABINS** Better for people who enjoy the comforts of home – all cabins have a kitchenette with a microwave, refrigerator, coffee maker and a bathroom. Cabins range in luxury from comfortable family Bunk Cabins to luxurious Creekside King Cabins with Jacuzzi bathtub and gas fireplace.

- **Canyon Cabin Queen** (1 Q bed and loft in ea) - This cedar cabin has one Queen bed with sleeping loft. The bed is furnished with luxurious linens and blankets. The bathroom has toilet, shower and basin. Kitchenette has coffee maker, bar fridge, wet bar and microwave. **Private: \$540 per person, (\$640 after March 5th).**

- **Canyon Bunks** (2 sets of bunks and 1 loft - 5 people in ea) - This Cedar Cabin has 4 beds (2 sets of bunk beds), and sleeping loft that sleeps 2 small children. It has its own bathroom with toilet, shower and basin. Kitchenette has coffee maker, bar fridge, wet bar and microwave. The beds are very comfortable and sturdy with warm and cozy blankets and sheets. People who sleep in loft must bring their own bedding. **\$325 per person, (\$425 after March 5th).**

**TENTS** Canvas safari tents feel more like traditional camping, but with luxurious beds and linens. Spacious 12'x14' white safari tents built on raised wooden decks have screened windows and zip-down flaps. No kitchenette or bathroom. Guests need to walk to the nearest bathroom facilities. All tents come equipped with heaters and electricity

- **Tent Doubles** (1 double bed in ea - 2 people each) - 12x14 foot Canvas safari tent with wooden base. It has two double beds, lighting, bedside tables, chairs and coat hooks. **Group: \$295 per person, (\$395 after March 5th).**

- **Tent Queens** (1 Queen in each tent) 12x14 foot Canvas safari tent with wooden base. It has one Queen bed, lighting, desk, bedside tables, chairs and coat hooks. **Private: \$330 per person, (\$430 after March 5th).**



230 1/2 North Larchmont Blvd. Los Angeles, CA 90004  
(323) 464-1276 • www.centerforyoga.com

**Retreat policy:** A deposit of \$195 is required to register for this retreat. This deposit is non-refundable, but can be converted into account credit up to one month prior to the start of the retreat. If the balance is paid in full by the early registration date, then the discounted price applies. If cancellation is received less than one month prior to the start of the retreat, you will forfeit the deposit and your balance will be fully refundable. Once the retreat has begun, no credits or refunds will be issued.