



September 24 - 26, 2004

Begins Friday, Sept 24th at 4:00pm

Ends Sunday, Sept 26th at 4:00pm



Taking a yoga retreat is one of the best ways to deepen your yoga practice, refresh your mind and body, and renew your commitment to your overall health. Treat yourself to an empowering weekend of yoga and escape from your routines and obligations. By putting yourself in a peaceful setting to concentrate on your yoga practice, new openings, understandings, and transformations occur. Return home feeling reinvigorated and inspired.

WAH! will be joining us for an evening of music on Saturday night. Massages will also be available on Saturday and Sunday.

Laurel Springs is a very special retreat site owned and run by a wonderful family and staff.

It has vast views of the Pacific and is on 150 acres atop San Marcos Pass 3,000 feet above sea level in the Santa Barbara, California mountains. This sacred land was once the home of the Chumash Native Americans. Their presence there remains very strong and deeply respected. The Ranch includes large grassy areas for resting, a swimming pool and hot tub for soaking, a beautiful fresh water pond, and many hiking trails for wandering. The lovely and well appointed bed and breakfast style rooms are double occupancy. There are 3 wonderful meals served each day which are mostly vegetarian (some chicken and fish are offered). There is a brand new yoga room with bamboo floors and lots of windows.

Summer Retreat to Laurel Springs with Peter Barnett and Wah!



Accommodations & Rates

Paid in full by August 20th: \$475 Semi-Private • \$675 Private. After August 20th: \$550 Semi-Private • \$750 Private

Retreat Policy: A deposit of \$200 is required to hold your space for this retreat. Checks can be made out to: Peter Barnett. For reservations or further information please contact Stacy at: 310-871-1831

For more information, pictures, and directions please look at their web site: www.laurelspringsretreat.net.
For more information about Peter Barnett please visit his website at: www.twooceansyoga.com.