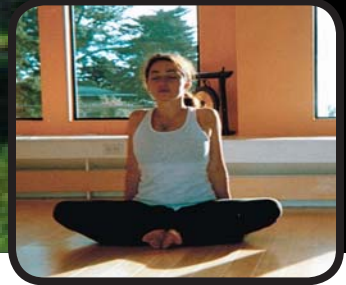


Peter Barnett and Black Doga Yoga Present

A Yoga Retreat to Laurel Springs



November 10th till 13th
Begins Thursday 11/10 at 3:00pm
Ends Sunday 11/13 at 4:00pm



Come and join yoga teacher **Peter Barnett** for an empowering long weekend of inspired yoga and adventure. Escape from your routines and obligations and deepen your yoga practice in beautiful surroundings. **Laurel Springs** is a very special retreat site 3,000 feet above sea level atop the San Marcos Pass in the Santa Barbara Mountains. It was a sacred ceremonial ground to the Chumash and their presence there is strongly felt and respected. So walk the lands and enjoy the large grassy lawns for resting, soak in the swimming pool and hot tub, swim and play at the fresh water pond, meditate in the teepee, or wander the many hiking trails.

Laurel Springs is run and managed by a wonderful family and staff. There are lovely well-appointed bed and breakfast style en suite rooms. Three wonderful meals are served each day catering to all diets. And there is a brand new bamboo-floored yoga room with big windows overlooking the meadow.

This retreat is open to **all levels**.

Massages will be available throughout the weekend.

For **reservations or further information**, please contact **Black Dog Yoga** at **818.380.0331**

For more information about **Laurel Springs**, including pictures and directions, please visit www.laurelspringsretreat.net

For more information about **Peter Barnett** please visit www.twooceansyoga.com.

For more information about **Black Dog Yoga** please visit www.blackdogyoga.net.



Reserve Now and Save!

Paid in full by October 31:

\$550 per person Double occupancy
\$715 Single occupancy

After October 31:

\$695 per person Double occupancy
\$860 Single occupancy