

January 25, 2018

Dear Friends,

We are delighted to announce our upcoming Spring 2018 Gentle and Restorative Yoga Retreat at Westerbeke Ranch in Sonoma's Valley of the Moon! The retreat will commence Friday, April 6 and conclude Sunday, April 8. The weekend includes six yoga sessions and six meals, beginning with a post-driving yoga class and dinner on Friday evening, and concluding with lunch, a final restorative session and closing circle on Sunday.



Meals at Westerbeke are famously delicious, and include both vegetarian and non-, so be sure to indicate any specific dietary needs on the registration form below. Our group will be housed in the Red and Blue Cabins, each with four bedrooms. The cabins sleep a total of 24, accommodating 3-4 people in each bedroom. Each of the 8 bedrooms has a separate bathroom. The Blue Cabin is wheel chair accessible.



Around the structured schedule of yoga classes and meals you'll find ample time to enjoy hiking on the trails around the ranch, swimming in the pool, and soaking in the hot tub while soaking up the ranch's serene beauty.



Registration includes the total fee for the retreat, inclusive of yoga classes, meals, lodging and use of the extensive grounds. Early Registration is \$599 and runs to February 21. You may secure your space with a non-refundable \$175 deposit. The balance of \$424 is due on March 15. Regular registration runs February 22 to March 15, space permitting, and is \$675, due in full payment. Please fill out the attached registration form and return it with your payment.

Warm regards,

Amy Kweskin and Nancy Leigh-Smith

REGISTRATION FORM

Name _____

Email _____ Phone(_____) _____

I understand that my registration fee is non-refundable.

(please sign) _____

Emergency Contact (Name & Phone) _____

Check all that apply:

- I am planning to share a room with _____
- Please place me in a room. Check here if you snore.
- I have the following dietary restrictions _____
- I would like a carpool to/from the retreat.
I am leaving from _____
- I can drive to/from the retreat and have room for ____ people.
I am driving from _____

We will be processing the registrations in two groups:

Last names beginning with A-M, make your check payable to:

Amy Kweskin, and mail to 614 Hillsborough Street, Oakland, CA 94606

Last names beginning with N-Z, make your check payable to:

Nancy Leigh-Smith, and mail to P.O. Box 21001, Castro Valley, CA 94546.

If you have any questions, contact:

Amy Kweskin: amy@amykweskin.com or 415.350.6479

Nancy Leigh-Smith: nancy@yogainthemiddle.com or 510.731.8523