



OCTOBER 19 – 21, 2018
La Quinta Resort & Club, La Quinta Ca.
Weekend Retreat: \$895 per person

Includes 3 days, 2 nights lodging, all meals, instruction by certified instructors, based on double occupancy. Single rooms available at \$1195 per person as well as other special rates. Early Bird* discount until April 27th with a \$200 nonrefundable deposit.

If you are looking to move toward health and wellness, this weekend retreat is the perfect opportunity. The entire weekend will be centered around wellness practices that not only heal the body, but the mind and spirit as well. These practices will include gentle yoga, soothing Yogazander®, Yoga Nidra, peaceful meditation and energy balancing Reiki. The peaceful setting of the La Quinta Resort will provide a perfect backdrop for these practices as master teachers guide the learning. No previous experience is needed in any of these practices; however, for those who have experience, it will be a deeper exploration into some different approaches. Teachers who attend will qualify for 5 CEUs. Regardless of experience levels, it will be a move toward serenity for all.



***Early Bird discount price is \$795 pp** (double occupancy). To qualify for early bird pricing, you must register and pay your deposit by April 27, 2018. Contact Helena at (858) 361-1910 or email: helena@yogazander.com for payment options.

Additional information about the retreat and the La Quinta Resort can be found at www.yogabyhelena.com.

Yogazander® is a special combination of Yoga and the Alexander Technique developed by Helena Bray and Cheri Hotalen. Helena is trained in the Indra Devi style and is recognized by Yoga Alliance as an E-RYT 200 experienced yoga instructor. She has had additional training as a Silver Age Yoga instructor, has studied the Alexander Technique and has completed Reiki Master level training.