



## Summer Yoga Retreats

*Sign-up before August 16th to receive the early bird special.*

### **August 24-25, Pre-harvest Yoga Retreat.**

Prepare the body, mind and spirit for fall. Release and let go, drawing deep into the core with postures and yogi practices that strengthen and relax. Deepen your practice at Solage this summer with our yoga retreats series lead by Ulrika Engman. The journey begins with a two-hour Sunday sundown class from 5:00 to 7:00 p.m., followed by a Monday morning three-hour practice from 8:00 -11:00 a.m.

Cost: Early bird rate is \$80 per person for Club Solage members \$95 for guests registering 5-days in advance or \$100 for members and \$115 for guests who sign up within 4 days of retreat start date. \$60 for one day participants.