



EVENT DETAILS: Demystifying The Chakras workshop

ADDRESS: Sage Yoga Studios, 115 N. Main Avenue, Fallbrook, CA 92028

ABOUT THE VENUE: Air-conditioned studio in downtown Fallbrook. Blankets, bolsters and more are available. Street parking or nearby parking lot within walking distance.

DATE/TIME: Saturday Feb 15th, 2020, 2:00 - 4:00pm, with optional refreshments after.

COST: \$25 Pre-Pay / \$30 (at the door)

INCLUDES: This workshop will help you gain a better understanding of the 7 main energy centers (Chakras), through discussion, yoga practice, aromatherapy, sound, taste and meditation. Each participant will receive an informational folder, 2:00 CEC educational credits if appropriate and the opportunity to try different chakra foods and refreshments after the workshop.

SITE INFORMATION: Flat, no stairs. Secure area for purses and other valuables.

ACTIVITY INFORMATION: Requires some experience of yoga and the ability to get up and down off the floor plus prolonged sitting on the floor.

WHAT TO BRING: Yoga mat, blanket or cushion, water and portable chair if needed.

WHAT TO WEAR: Yoga apparel with cover-up for periods of non-activity.

OTHER INFORMATION: If you are new to Sage Yoga Studios please arrive early to complete necessary paperwork required by the establishment.

CANCELLATION POLICY: Check with Sage Yoga Studios. Credit may be given for another workshop if you have to cancel at short notice.

Thank you for your interest in Flourish Yoga Retreats. Please don't hesitate to call if you have any further questions: 760-845-6602. Or email: flourishyoga@roadrunner.com



EVENT DETAILS: Casa Tiene Vista Vineyard Yoga Retreat

ADDRESS: 4150 Rock Mountain Road, Fallbrook, CA 92028 (De Luz)

ABOUT THE VENUE: Winery & Vineyard with spectacular views of the Santa Rosa Ridgeline. Guests receive 10% discount on wines, balsamics and olive oils.

DATE/TIME: Saturday April 4th, 10:00 am - 2:00 pm (approx. finish time)

COST: \$79.00 Early-bird/\$89 After March 23rd

INCLUDES: Yoga and meditation overlooking the vineyards and mountains, 6-Course Vegetarian Luncheon, including dessert, paired with CTV award-winning wines, refreshments, tea and Gift Bag, plus 10% discount on CTV products.

SITE INFORMATION: Winery and covered patio on main level, some stairs to access lower terrace for yoga practice. Off-street parking is limited - car-pooling encouraged.

ACTIVITY INFORMATION: Requires some experience of yoga and the ability to get up and down off the ground. Yoga & Meditation will be outside on hard surface. Two yoga mats recommended. A limited amount of extra yoga mats available. Terrace has patio umbrellas strategically placed for shade if necessary.

WHAT TO BRING: Yoga mat/s, blanket or cushion. Water will be provided.

WHAT TO WEAR: Yoga apparel with cover-up for periods of non-activity. Sun-screen recommended depending on your sensitivity level. Large umbrellas available.

OTHER INFORMATION: A completed liability waiver is required and will be emailed ahead of time. Some will also be available at the venue.

CANCELLATION POLICY: No refunds. Partial credit may be given for future Flourish retreats after deducting admin. fee. Transfer to another guest is an option.

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EVENT DETAILS: Grand Tradition Yoga Retreat

ADDRESS: 220 Grand Tradition Way, Fallbrook, CA 92028

ABOUT THE VENUE: Eighteen acres of thematic gardens, seven waterfalls, and a heart-shaped lake. The Veranda offers fresh cuisine served with breathtaking views of the lake and gardens from the comfort of outdoor patio dining.

DATE/TIME: Saturday April 19th, 2020, 8:00 am - 11:30 am (approx. finish time)

COST: \$69 / \$79 (after March 31st)

INCLUDES: Access to gardens, yoga and meditation at the Compass Garden, Champagne Brunch at the Veranda Restaurant, tax and gratuity and gift bag.

SITE INFORMATION: Mostly flat and on concrete pathways. Some lawns and stairs.

ACTIVITY INFORMATION: Requires some experience of yoga and the ability to get up and down off the floor. Yoga and Meditation will be outside in uncovered area surrounded by trees and waterfalls. Lunch will be outside on a covered patio.

WHAT TO BRING: Yoga mat, blanket or cushion (for meditation), extra money if you would like to order additional alcoholic drinks (one Champagne drink included).

WHAT TO WEAR: Yoga apparel with cover-up for afterwards. Sunscreen if you are particularly sensitive although class is from 8:30 am - 9:30 am. Brunch at 9:45 am.

OTHER INFORMATION: Completion of a liability waiver, payment and registration is required prior to the event. This will give us more time to stroll and enjoy the grounds.

LIMITATIONS: This event is limited to 9 guests, plus the host. A waiting list will be made available in case there is any late cancellations.

CANCELLATION POLICY: No refunds. Credit, minus admin fee, may be given for a future retreat. Should your space be filled you will not be charged an admin fee.

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