



RETREAT

Raw Yoga: Yoga and Raw Foods Weekend Experience with Jillian Love & Wendy Faith

October 15 – 17, 2010

Friday 4pm – Sunday 4pm

\$195 - \$375 *upon accommodation*

Tara Bella Villa, Glen Ellen



Join a lovely community of like-minded healthy yogis on weekend retreat at the gorgeous Tara Bella Villa in Sonoma. This is the most amazing time of year there, a celebration of abundance!

This fabulously full weekend includes:

- 6 delicious raw food meals
- Raw food preparation instructional demos
- Raw lifestyle lectures
- Participatory opportunities to prepare raw meals in the kitchen with raw chef, Jillian Love
- Daily gentle flow and vinyasa yoga classes with Wendy Faith
- Yoga/dance class with Wendy Faith
- An evening of breathwork and live kirtan (bring your instruments!)
- On-site massage available at an additional cost
- Pool, hot tub, hiking on the beautiful grounds

Retreat package includes all meals, yoga/dance/kirtan and accommodations. Relax, rejuvenate, let go... and learn new skills for leading a healthy, balanced and fulfilling life with love and light.

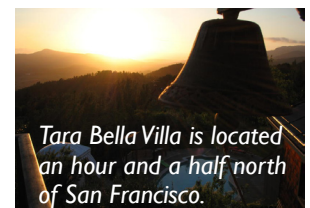


Jillian has an extensive background and training in assisting people in personal transformation and change. She is a Certified Life Coach and a Certified Master NLP Practitioner. Jillian's experience in living a Raw Food Lifestyle began in 1997 with a 2 week living food detox. She completed her certification as Associate Raw Food Chef from Living Light Culinary Arts Institute in October 2003.



Wendy Faith discovered the inner joy, sustainable peace and grounded balance of yoga in 1999. After eight years of practice, she was able to finally commit to sharing yoga with others full-time. Wendy is also a founding member of The Shamanic Cheerleaders, a bay-area based performance group that dances, cheers, raps and sings about energy, consciousness, environmental awareness and yoga. Her positive attitude, high energy and playful nature infuses every class.

Tara Bella Villa
Glen Ellen, CA
Sonoma County
Register at yogatreesf.com



Tara Bella Villa is located an hour and a half north of San Francisco.