

REGISTRATION:

To request a registration form, please visit
www.LindaMeacciYoga.com/gratitude2016.

RETREAT FEE (per person):

	ON/BEFORE JULY 29	AFTER JULY 29
Double with shared bath	\$1,295	\$1,395
Double with private bath	\$1,495	\$1,595
Triple with private bath	\$1,495	\$1,595
Single with shared bath	\$1,695	\$1,795
Single with private bath	\$1,995	\$2,095

PAYMENT DUE WHEN REGISTERING:

BEFORE JULY 15, 2016: A \$500 deposit will reserve your space, Balance is due by July 15.
ON OR AFTER JULY 15, 2016: Full payment is due with your completed registration form.

CANCELLATION/REFUND POLICY:

CANCELLATION FEE: \$250

ON OR BEFORE JULY 15, 2016: Refund given.

AFTER JULY 15, 2016: Refund given only if your space can be filled from a wait list.



TRAVEL PLANNING:

Arrival (Sunday, Oct 23): Room check-in opens at 4 PM; retreat activities begin at 5 PM.

Departure (Friday, Oct 28): Retreat ends after 11 AM brunch; depart grounds by 1 PM.

Travel time from San Francisco or Oakland airport is 2 hours (by car) to 2.5 hours (by shuttle).

Meet Linda . . .



Linda Meacci, E-RYT, is one of Western Pennsylvania's most experienced and knowledgeable yoga instructors. A respected teacher who honors the potential within each individual, Linda creates a supportive, empowering atmosphere that welcomes student participation and self-exploration.

Students thrive on Linda's innovative teaching style. Drawing upon her background as performing artist, athlete and yogi, Linda synthesizes principles of yoga, movement disciplines and intelligent bodywork to adeptly guide students to the "Aha!" moment. Her instruction is clear and pinpointed, and infused with enthusiasm, compassion and joy.

In addition to teaching studio classes and private sessions, Linda also facilitates workshops, destination retreats and Teacher Training sessions that can be taken for Yoga Alliance continuing education hours. Off the mat, Linda thrives on a love of nature, travel and her spiritual path, Surat Shabda Yoga.

WEBSITE: www.LindaMeacciYoga.com.

EMAIL: lindameacci@att.net | **PHONE:** 412-427-4781

Seek the Sound that never ceases;
Seek the Sun that never sets.

~ Rumi

LINDA MEACCI YOGA INSTRUCTION

2016

GRATITUDE FOR THE HARVEST

FALL YOGA RETREAT

MAYACAMAS RANCH
NAPA VALLEY, CA

OCTOBER 23 -- 28, 2016



Visit us online at
www.LindaMeacciYoga.com

Our Retreat Relax, Refresh, Renew

RETREAT FEE INCLUDES:

- **ARRIVAL DAY** (SUNDAY, OCTOBER 23):
Room check-in opens at 4 PM;
Retreat activities begin at 5 PM
- **5 nights' deluxe accommodations** in rustic, natural surroundings with plush, organic bedding, EO brand natural bath products, and individual climate control
- **All meals** from dinner on Sunday through brunch on Friday. Meals are delicious and organic based, with ample variety to satisfy all dietary preferences
- **Daily asana practices with Linda** in a beautiful, scenic studio (3 sessions most days). Mats, props and blankets provided
- **Time to reflect** – Time and space for solitude in nature; journaling; walking meditation; private contemplation
- **Other ranch activities** – Hike the trails; enjoy the hot tub or heated saltwater pool with panoramic views; explore the organic gardens; or curl up with a good book
- **DEPARTURE DAY** (FRIDAY, OCTOBER 28):
Early light breakfast, morning yoga, and 11 AM brunch; Depart Mayacamas by 1 PM



Our Setting Mayacamas Ranch / Napa Valley

Mayacamas Ranch (mayacamasranch.com) is nestled on a hilltop ridgeline above the charming town of Calistoga, CA, in northern Napa Valley, less than two hours from San Francisco. With spectacular 360-degree views of untouched land, this stunning hideaway offers an awe-inspiring natural setting for relaxation and renewal. Its rustic beauty invites us to quiet our senses and let time slow down, with countless spots for private contemplation, meditation or journaling.



Aside from our yoga sessions, there will be time to swim in the heated saltwater pool, soak in the hot tub, hike the redwood groves, explore the organic gardens, or visit the nearby hot springs, spas and wineries.

There's plenty to do in the rest of the Bay Area and Napa and Sonoma valleys as well, and autumn is a perfect time to visit. Why not add a weekend to your trip, before or after the retreat? You can relax in the mineral hot springs of Calistoga; drive or hike the scenic countryside; explore San Francisco and the coast; or tour the wine country.

Our Yoga Gratitude for the Harvest



In addition to daily asana practices to physically challenge and invigorate yogis of all levels, there will be ample opportunity for contemplation, meditation, journaling and discussion, as we engage both our lower and higher bodies in relaxation, reflection and renewal.

In the spirit of the fall harvest and Thanksgiving, we will pause to reflect upon and give thanks for life's bountiful harvest—the people, opportunities and experiences that have led us to this moment.

SAMPLE DAY'S SCHEDULE

6:30 – 6:50a **PRE-DAWN CONTEMPLATION**

7:00 – 8:15a **VINYASA FLOW**

(vigorous guided practice with minimal instruction)

8:30a **BREAKFAST**

10a – 11:30a **THERAPEUTIC YOGA**

(different focus daily with clear, detailed instruction)

12:15p **LUNCH** *(followed by free time)*

5:00 – 6:00p **AFTERNOON PRACTICE**

(varies: inversions, restorative; balance postures, etc.)

6:30p **DINNER**

EVENING ACTIVITY *(some nights)*