

A 2 1/2 hour Yoga Mini-Retreat with Gina and Buddy Om

Yoga Emersion: Self Care for the Fall Season

This will be a rare opportunity to emerge into a variety of explorations on the path of Yoga.

Thursday, October 12

7:45 am - 11:00 am (short break will be offered)

**For this Thursday only,
we are merging the 7:45am and 9:30am classes for this special Mini-Retreat
You are invited to join one class or the entire Mini-Retreat**

Tuition for the Entire Mini-Retreat: Your Unlimited Pass, or 2 Class Passes



Gina will provide a mindful Yoga practice, including Yoga philosophy, Yoga Nidra, Meditation, partner Yoga, and group sharing " what's alive in us." Her 8 year old **registered Therapy Dog Buddy Om** will also be available for unconditional LOVE !

Additionally, if anyone is seeking private Reiki treatments or Healing Massage, there will be an opportunity to sign up for sessions with Claudia Enrico, Reiki Master and Teacher from San Remo Italy and Jody Emerson Quintana, Certified Esalen based Massage Therapist, Nutritional Consultant and Yoga Teacher.