

A Day of Mindfulness

**Yoga Retreat
With
Krassi Davis and Drew Harwell**

After the excitement of summer and before the busy holiday season, celebrate Autumn by giving yourself a day of peace! A day to nourish and heal your body, mind and senses as we retreat to a beautiful natural setting right here in the Bay Area and give ourselves full permission to savor the simple joys in life.

- Nurture and cleanse your body with a vinyasa yoga session
- Explore various meditation techniques
- Rediscover the power of breath through pranayama
- Connect with nature through a mindful walk
- Release tension with a deep relaxing yoga session
- Feast on a gourmet organic lunch and savory snacks
- Take in the view of the surrounding forests and hills

October 14th, 2007

9:30 – 3:30

Hidden Villa, Los Altos Hills

Registration is \$140 per person



For more information and registration contact Krassi Davis at krassuna@hotmail.com or (650) 283-7878