

YOGA

Autumn Retreat

WITH Ada Lusardi



Westerbeke Ranch, Sonoma CA

October 8 through 11, 2010 (3 nights)

CELEBRATE THE CHANGING SEASON with Ada Lusardi at picturesque Westerbeke Ranch in the Sonoma wine country. The Ranch is only an hour from San Francisco and provides a serene setting to practice yoga and renew your spirit. Charming accommodations in redwood cabins are surrounded by lush garden paths and glorious views. Gourmet meals will be specially prepared by our dedicated chef and served in the beautiful Mexican tiled dining room, aside a large stone hearth. The natural environment is unique and private, leaving guests feeling relaxed and revived after enjoying the hot tub, hike or therapeutic massage.

Our retreat will begin Friday at 4:00 pm and conclude following the afternoon meal on Monday. Six yoga practices will be offered, with optional meditation mornings, and evenings. Each day we will open gradually toward challenging asanas, including backbends and inversions, as well as devoting ample time to restorative poses and breathing awareness. Yoga students of all levels are welcome. There will be time for relaxation and discovery in the beautiful surroundings of Westerbeke, with hot tub, hiking trails and beautiful gardens.

COST: \$675 per person (2-day option available by request)

Rate based on double or triple occupancy (3-nights), including all meals, lodging, yoga, taxes and gratuities. Rooms for couples are available on a first come, first served basis. Cancellations received before Sep 8 will receive a full refund less \$50 processing fee. Massage therapy available for an additional fee and by arrangement with Westerbeke Ranch.

For registration or questions email ada@adayoga.com or call 510.552.0155.

Ada Lusardi creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages. Based on more than 15 years of meditation and yoga training, and with her extensive knowledge of physiology and anatomy, she guides students to new levels of growth and healing. Her passion for movement springs from her experience as a professional dancer, Pilates teacher, lyengar yoga instructor, and yoga teacher trainer. Ada is inspired by the dedication of her students, and is deeply grateful for the guidance provided her by her teachers: Donald Moyer, Patricia Sullivan, Mary Lou Weprin and Judith Hanson Lasater, among others. She leads classes and retreats throughout California's Bay Area, and, more recently, Portland, Oregon. For more on Ada visit www.adayoga.com.

