

Yoga at Breitenbush Hot Springs

June 27 – July 4, 2010

with Shannon McCall and Friends



Join Shannon for a Yoga and Meditation retreat at Breitenbush Hot Springs, an opportunity to steep in the practices you love in a warm-hearted community within the old growth forest and natural splendor of Breitenbush. One meditation and two yoga sessions a day await you, with plenty of time and space left over to soak, steam, dip in the river, hike, rest, reflect, be. The yoga sessions will include meditation as well as movement, breathwork and guided relaxation.

This year we have a 7 day option (full retreat) or a 5 day option (early departure).

Cost: plumbing cabin: \$1163/\$875; non-plumbing: \$1054/\$790; Lodge Room: \$921/\$685; BB tent: \$900/\$670; Your tent: \$830/610. Cost includes all Yoga instruction, double occupancy lodging (single lodging in tents and Lodge rooms), and mostly organic, vegetarian meals. Our workshop begins with dinner Sunday and ends with lunch on Sunday.

To register, send \$108 deposit (refundable less \$18 until May 31) to: Shannon McCall; 11350 20th Ave. NE; Seattle, WA 98125. **For More Information,** please call Shannon: (206) 412-8784 or email her: shannonmccall@speakeasy.net