



SAN DAMIANO

October 1-3, 2010

San Damiano Retreat Center
710 Highland Dr.
Danville, CA
(click on the small photo
for directions)

Join **Morning Star** for the 2nd Annual Moga-Yoga-Nature-& More Retreat. Inner peace is waiting under the Bay Laurel trees, or perhaps on the labyrinth in the organic gardens. The bells call us for good food,

and the hills call us for connection with nature. All of this staring right at the magnificent Mt. Diablo from the hills of Danville. In times of outer stress let us relax, stretch, laugh, and rejuvenate.



Limit: 18.
Price includes classes, meals, and lodging. Chair massage available for \$1/minute on Saturday.

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2nd Annual Moga-Yoga-Nature & More Retreat

Price: Shared room, \$325, Private \$375. \$100 non-refundable deposit to reserve your place. Balance due by August 1, 2010.

Check-in anytime after 4 PM at Front Desk on Friday

Meeting place: the St. Francis Room. (This comes equipped with very small refrigerator, coffee maker, kitchen cupboards.)

Bring: your mat and any props you have (I have extra mats and props)

Sample Schedule: subject to flexibility.

Friday Schedule			
5:15 PM	6:45 PM		First class - Stretch out the week, the month
7:00 PM			Dinner
8:15 PM	8:45 PM		Wiggle
8:50 PM	9:00 PM		Oms in the Chapel... Nighty-Night

Saturday Schedule			
7:00 AM	7:45 AM		Sun Salutations (if the group wants this could be at 6:45 AM)
8:00:AM			Breakfast
8:45 AM	10:15:AM	Optional	Optional hike up to the Las Trampas Wilderness Trails and ancient Bay Laurel Circle
10:30 AM	11:50 AM		Hips and shoulder openers
12:00 PM			Lunch
1:00 PM	3:00 PM		Free Time (chair massage opportunities!). Last year this was available until 8:45...
3:00: PM	3:40 PM	Optional	Laughter Yoga With Jillian Standish
3:45 PM	5:45 PM		Yoga - Inversions and standing poses
6:00 PM			Dinner
7:15 PM	8:45 PM		Restorative yoga circle, with music
8:45 PM			Night meditation

Sunday Schedule			
7:00 AM			Sun Salutations
8:00 AM			Breakfast / Free time to gather things to check out
10:15 AM	11:55 AM		Wiggle, followed by Yoga, and official closing of the Sangha
12:00 PM			Lunch / Check-out by 2:00 PM. Namaste!