

Women's Yoga Retreat with Angela Farmer

Harbin Hot Springs, California

Sept. 13-20, 2007



Once again we will gather with Angela for her internationally acclaimed Women's Retreat at Harbin Hot Springs in northern California. Women of all ages and walks of life come together to create the warmth and support of a caring community based around their Yoga practice and a sense of nurturing the Feminine within us all.

The Retreat will be 7 full days.

Classes are held each morning (asana and movement) and evening (restoration, breathing, and meditation) in Angela's inimitable, free-flowing style; opening the way for new exploration of the poses, unwinding of tension and old trauma and re-finding a sense of space, freedom, lightness and fun.

Constantly intrigued by and drawn to the inner journey, Angela creates a safe environment for whatever may evolve or need to be released in each woman's process of discovering herself on an ever-deeper level.

(If you have never been with Angela, I suggest that you view one or both of her

exquisite dvds available on her website: www.angela-victor.com.)

Beautifully prepared organic whole foods created with the intention of supporting your yoga, the healing thermal pools of Harbin's natural springs, Watsu (shiatsu in the water), bodywork, the beauty of nature, and caring support of the women on this Retreat make it a profound, transformative and unforgettable experience.

We invite you to join us!

The Details:

Beginning on Thursday evening with an orientation and opening with Angela, followed by supper. The retreat closes on Thursday with a closing circle followed by brunch.

Cost for the 7 full days retreat is \$1350. This includes 2 classes with Angela each day (except opening and closing days), the Harbin camping fee, use of all Harbin facilities, and beautifully prepared organic meals.

The Harbin Conference Center is set in nature and this is a camping retreat. Reasonably priced private lodging can be arranged through Harbin at 800-622-2477 in CA and 707-987-2477 elsewhere.

Harbin's Website: www.harbin.org is a wealth of information, and has photos of sample rooms.

Angela's website: www.angela-victor.com, click on 'workshops' for previous retreat photos and more info.

Registration: A non-refundable and non-transferable deposit of \$250 is required to hold your space. Final payment is due on Aug. 13. No refunds will be made after Aug. 13 unless someone can take your place.

Please make checks payable to Patricia Schneider, & mail to: 1350 President St., Yellow Springs, OH. 45387.

Info: Patricia Schneider ~ 937-767-7727 ~ patricia@brainfingers.com ~ www.angela-victor.com

Registration form

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zipcode: _____ Country: _____ Phone: _____

Please enroll me in the Harbin Women's Retreat with Angela Farmer.

Enclosed is a non-refundable deposit: [] \$250

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