

Women's Yoga Retreat with Angela Farmer

Harbin Hot Springs, California

Sept. 17-24, 2009



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 Full Retreat will be 7 days, with a limited number of spaces for the 3-day weekend option.

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 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.

Beautifully prepared organic whole foods, 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:

We begin on Thursday evening with orientation and opening Circle with Angela, followed by supper. The Weekend Option concludes on Sunday after morning class and lunch. For the Continuing Retreat participants, supper is served Sunday evening; there is no class Sunday evening. Continuing Retreat resumes with morning class Monday and closes Thursday around noon....with yoga class/closing circle and lunch.

Cost for the Full 7 day retreat is \$1500 and for the 3-days weekend option is \$700. This includes 2 classes with Angela each day, with exceptions noted above; the Harbin camping fee; use of all Harbin spa 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 deposit of \$250 for 7days/\$150 for 3 days is required to hold your space. Final payment is due on Aug. 17. No refunds will be made after Aug. 17 unless someone can take your place.

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 - Full 7 days Retreat

\$150 - 3-day Weekend Option

Final payment is due on Aug. 17. No refunds will be made after Aug. 17 unless someone can take your place.

Please make check payable to Angela Farmer Retreat
And mail to 1350 President St., Yellow Springs, OH 45387.