



Angela Farmer's Retreat for Women Harbin Hot Springs, California October 3 - 10, 2013

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 centered around their Yoga practice and a sense of nurturing the Feminine within us all.

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 joy.

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:

This Retreat begins on Thursday evening with orientation and opening circle with Angela, followed by supper. Each day there is a 3-hour morning class for asana and movement and a 1.5-hour evening class for breath, restoration and meditation. On Sunday evening, supper is served, but there is no evening class. The Retreat closes Thurs. around noon, with a shorter morning class/closing circle and the closing mid-day meal.

The cost of the full 7-day Retreat is 1700. This includes 2 classes with Angela each day, with the exception noted above; the Harbin camping and Conference Center use fee; use of all Harbin spa facilities; and all 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. Please mention that you are with the Retreat.

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 & Refund Policy:

A non-refundable, non-transferable registration fee of \$250 is required to hold your space. Final payment is due on Sept. 3. If your balance of payment is not received by Sept. 3, and we haven't heard otherwise, we assume that you are not coming, and your space may be offered to the next person on the waiting list. No refunds made after Sept. 3 unless someone can take your place.

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

Registration form

Name: _____ Email: _____

Address: _____ City: _____

State: _____ Zip code: _____ Country: _____ Phone: _____

Please enroll me in the 2013 Harbin Women's Retreat with Angela Farmer.

Enclosed is \$250 a non-refundable, non-transferable registration fee

Please make check payable to Patricia Schneider,

And mail to 1350 President St., Yellow Springs, Ohio 45387