

# YOGA Spring Retreat

WITH Patricia Sullivan & Ada Lusardi



**Westerbeke Ranch, Sonoma CA**

**March 26 through 28, 2010**

**WELCOME SPRING** with Patricia Sullivan and Ada Lusardi at picturesque Westerbeke Ranch in the Sonoma wine country. Only an hour from San Francisco, the ranch provides a serene setting to practice yoga and renewal, supporting your practice with its charming redwood cabins, gourmet meals, lush gardens and glorious views.



Patricia and Ada enjoy a dynamic, creative inter-play when they practice together and are looking forward to sharing this unfolding of how to experience graceful intelligence in the body while integrating compassionate resonance in the mind-heart. One of us will assist the other as they lead practice, so you will benefit from the presence of both teachers in each class.



Our retreat will begin Friday at 4:00 pm and conclude following the afternoon meal on Sunday. Four yoga practices will be offered with daily meditation. Yoga students of all levels are welcome. There will be ample time for relaxation and discovery in the beautiful surroundings of Westerbeke, with hot tub, hiking trails and beautiful gardens.

COST: \$480 per person



Rates based on double or triple occupancy and include all meals, lodging, yoga, taxes and gratuities. Rooms for couples are available on a first come, first served basis. Cancellations received before Feb 25 will receive a full refund less \$40 processing fee. Massage therapy available onsite for an additional fee.

**REGISTER** at [www.adayoga.com](http://www.adayoga.com). For inquiries email [ada@adayoga.com](mailto:ada@adayoga.com) or call 510.552.0155.



**Patricia** has been teaching yoga for over 30 years, and her knowledge of alignment, anatomy, and kinesiology promotes healing and aesthetic awareness in every student. Foundational study of Iyengar Yoga, with years of personal exploration and exposure to many traditions, including Buddhist meditation, has created a continuing evolution in Patricia's teaching. In addition, her work as a sculptor adds a creative, improvisational element to the class. For more on Patricia visit [www.patriciasullivanayoga.com](http://www.patriciasullivanayoga.com).

**Ada's** practice of yoga and meditation began in 1993 as an organic progression for her career as a professional dancer and a means of healing work related injuries. She thoughtfully guides students of all levels and life stages through a challenging yet accessible practice in which body and breath are explored and developed incrementally to facilitate deepening awareness, openness, and healing. Her teaching is inspired by her passion for movement and the study of human anatomy. For more on Ada visit [www.adayoga.com](http://www.adayoga.com).

