

Adventure Yoga retreat with Jason Magness

Yoga on and *off* the mat: Vinyasa yoga, AcroYoga, Slackline Yoga, and Vertical Yoga (climbing)

Come celebrate the winter season in the scenic Ojai Valley! Join Jason Magness as he guides you through four days and three nights of yoga, hiking, climbing and meditation - nestled in the pristine mountains of Ojai, California. All equipment is provided and climbing will be facilitated by experienced guides.



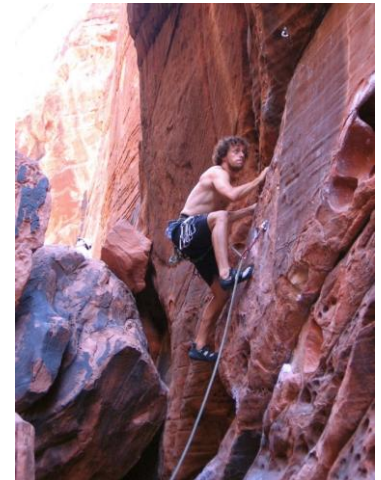
Calliote Canyon is a stunning, one of a kind property perfect for intimate gatherings. Located just ten minutes from the town of Ojai and only 1-1/2 hours north of Los Angeles, Calliote Canyon provides both total privacy from the outside world and easy access to restaurants, art galleries, beaches and more.

Calliote Canyon is comprised of five privately owned acres which back to the Los Padres National Forest. Situated in a natural "bowl" created by surrounding mountains and foothills, Calliote Canyon offers a 360 degree, uninterrupted view of the natural world. An abundance of sun-dappled foliage and peaceful pathways, ancient boulders, and a pure, mountain-fed creek and waterfall complete the natural splendor.

www.calliotecanyon.com

The retreat will include acroyoga, slackline yoga as well as hiking, climbing and guided meditations. Optional activities may include surfing, mountain biking, and trail running. Ayurvedic treatments and consultations will be available at an additional charge and will be offered by Lisa Schrempp. A delicious ayurvedic cuisine will be provided. Come and push the limits of your yoga practice into new realms as you practice and play with this inspiring and internationally renowned yogic-adventurer.

Jason Magness is an internationally sought after teacher, and a regular presenter at Yoga Journal conferences. Jason is an advanced Ashtanga practitioner (as taught by Sri K.P. Jois), an AcroYoga teacher, as well as a professional athlete (climbing and adventure racing). He teaches workshops around the world. He is the developer of Slackline Yoga, as well as a founder of Team YogaSlackers - an eclectic group of yogi-athletes. The group's yoga-inspired eco-adventures have been featured in Yoga Journal, Outside Magazine, ABC, ESPN, NPR, New York Times, Wall Street Journal, Vision Magazine, Urban Climber, Elephant, etc. For more information on Jason and his unique blend of playful yogic arts visit www.yogaslackers.com



Schedule Information

check in: February 19, 2009 at 3pm • check out : February 22, 2009 by 1pm
early registration date: January 10, 2009 • balance paid in full: February 10, 2009

Registration Information

\$1200 per person \$100 discount if registered and paid by January 10
Online www.yogaflowtucson.com

Limited Space available

All prices are on a per person basis and include accommodations, meals and yoga. A \$300 non-refundable deposit is required to hold your space.

For any questions please contact Jackie Sherman (Retreat Coordinator) at jackielakshmi@aol.com 805-640-9642 or 805-798-2136

Retreat Policy

retreat policy: An advance deposit of \$300 is required to reserve your space on this retreat. All deposits are non-refundable. Deposits are transferable to another retreat if cancellation is received by December 15, 2008. No deposit or payment transfers will be made if cancellation is received after the above cancellation deadline. Balance must be paid in full by the early registration date in order to receive the discounted price.