

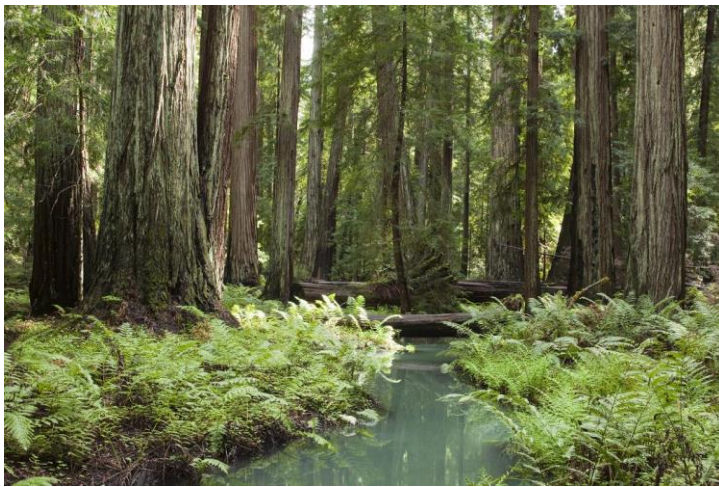
# Yoga and Sound

Mendocino

September 29, 30 – October 1

Zazen Retreat

Bhakti Vinyasa Yoga with Erika Van Gemeren



How about this view few for a few days?

Enjoy Bhakti yoga, sound healing and sleeping under the stars. Come retreat with us in Ukiah, near Mendocino and five minutes from Orr Hot Springs for the Yoga and Sound Retreat Sept. 29-Oct. 1. Enjoy delicious vegetarian meals, Bhakti yoga, time spent in Mother Nature and reiki sessions offered. Learn more at

<http://zazensfretreat.com/events-1/>



How would you like to spend three days here? Now more than ever, it's important to release. Retreat. Reset. Come join us for the Yoga and Sound retreat in Ukiah, near Mendocino and five minutes from Orr Hot Springs. Enjoy Bhakti yoga, sound healing, vegetarian meals and time spent in Mother Nature. There's only a few spots left! Learn more at <http://zazensfretreat.com/events-1/>



Rolling fog and rolling hills in Ukiah. Join us for a three-day yoga retreat where you'll immerse yourself in Bhakti yoga, sound healing with Michael [name] and Reiki sessions available. Space is limited! Book now at <http://zazensfretreat.com/events-1/>



Hillside fog viewing anyone? There's only a couple of spots left for the Yoga and Sound retreat Sept. 29 – Oct. 1! Reserve your spot today and enjoy a weekend of Bhakti yoga, sound healing, vegetarian meals, Mother Nature time and reiki.  
<http://zazensfretreat.com/events-1/>



As we transition into fall, our bodies need time adjusting, too. Come explore the perfect way to do this at our Yoga & Sound retreat Sept. 29 – Oct. 1. Enjoy Mother Nature, Bhakti yoga, sound healing and delicious vegetarian meals in Ukiah, near Mendocino and five minutes from Orr Hot Springs.

Start the season off right. Only a few spots left! Book yours at  
<http://zazensfretreat.com/events-1/>