

YOGA & Snowboarding (and skiing) in Mammoth

February 25 - 28, 2010



Ashley Turner and Ted McDonald invite you to an amazing winter weekend of fun, adventure and rejuvenation.

ESCAPE TO THE HIGH SIERRAS for an adventurous weekend of yoga and snowboarding (of course, skiers are welcome). Indulge, take time for yourself, lounge around the fire, get a massage, soak in the Jacuzzi or snowshoe through the winter wonderland of Convict Lake Resort. This retreat always brings a very special group of people together and it will sell out. Reserve your spot now!

Cost Per Person: \$575 (\$675 if paid after 1/6/10 - Private cabins available at additional cost)

Price Includes breakfast, dinner, lodging in the main house and yoga. Massage, lift tickets, equipment and lessons are an additional cost.

Join us for Yoga – Meditation – Jacuzzi – Massage – Snowboarding – Skiing – Snowshoeing... and of course, Pure Bliss!

Call Now to Reverse your spot! Space is limited. Adventure Yoga Retreats 310-455-6681 or info@ayretreats.com
Visit www.adventureyogaretreats.com and www.ashleyturner.org to sign up for newsletters about upcoming adventures and retreats!