

# Daylong Yoga Retreat

w/ Rebekkah LaDyne  
Sat, Feb 10<sup>th</sup> 10:30 - 4 pm  
Santosh Yoga Studio

Connect with yourself  
Connect with community

We will spend the morning in a luxurious 2 hour yoga class that will include invigorating flow, calming stretches and deeply relaxing restorative poses.

We'll walk across the street and enjoy a delicious vegetarian lunch at Café Flora with your fellow yogis.

Returning to the studio, we'll return inward for journaling, and enjoy small groups with your yogi friends; laugh, talk, and share together.

We will complete the day with yin yoga, deeply relaxing into seated poses, and kindness meditation.

A day of delight  
A day of self care

Rebekkah is the director of Santosh Yoga studio in Seattle's Madison Valley neighborhood. She also offers retreats in Mexico & the Northwest.

*Yoga continues to open my heart every day.  
I am excited to share my joy for yoga with you.  
Come join me for this wonderful day!  
~ Rebekkah*

## Registration

\$65 includes lunch at Café Flora

Pre-register online or at studio

Everyone welcome

