



# *Fall Yoga Retreat Finding Continuity*

*October 8-10, 2010*

*with Amey Mathews and Delana Thompson  
at Land of Medicine Buddha, Soquel CA*

Enjoy a weekend of yoga surrounded by beautiful redwood forests, open meadows, and Tibetan artwork. Experience the discipline of yoga as a way to create calm, centered awareness and support a continuous outlook of peace and contentment. The retreat includes delicious vegetarian meals, cozy accommodations, sauna, and plenty of free time for hiking, reading, and relaxing.

*[www.YogaWithAmey.com](http://www.YogaWithAmey.com)*

*[www.YogaWithDelana.com](http://www.YogaWithDelana.com)*

*831-332-1509*



To register, please send the following info plus a non-refundable, \$100 deposit.

Name(s) \_\_\_\_\_

Email(s) \_\_\_\_\_

Snail Mail Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Food Allergies/ Special Dietary Needs \_\_\_\_\_

Please circle one:

Commuting: \$306 / Shared (3-4): \$356 / Double: \$386 / Single: \$476

Registration & final payment due Sept 15th; \$50 late registration fee applies thereafter.

Checks & Registration Forms to: **Amey Mathews, 2714 Lafayette St, Soquel CA 95073**