Makoto Kai Yoga
Fourth Annual Retreat
Marin Headlands October 3 - 5, 2008

WHAT IS IT? Yoga Friday through Sunday at the beautiful Marin Headlands with Kripalu Certified Yoga Instructors from Makoto Kai, Cynthia Frueh and Sherri Sargent.

Deepen your yoga practice at this training intensive with daily yoga plus beach walking, trail hikes, singing, reading (or just resting!), during the class breaks.

WHERE? Headlands Institute - just north of the Golden Gate Bridge www.yni.org/hi/
Approximately 1_ hours from Woodland - car pools will be arranged

Check-in Friday at 4:00PM Depart Sunday at 3:00PM

WHO MAY ATTEND? Yoga students with at least 6 weeks experience from any yoga classes.

HOW MUCH? $275 includes: Bunk bed in dorm

Friday Evening: Yoga + Dinner Saturday: Yoga + 3 meals Sunday: Yoga + 2 meals

WHAT TO BRING?
Overnight necessities; Bedding - Pillow, sheets and blankets or a sleeping bag; Bath towel
Coat and sweater - weather may be sunny and warm, or windy and wet! Classes are indoors.
Hat, sunglasses, sturdy shoes if you will go hiking
Yoga equipment you normally use. Bring an extra mat if you have one, as the floor is harder than at Makoto Kai. Some mats will be available to borrow

ANGEL ISLAND
This year we are starting our retreat early with a trip to Angel Island. Make your own arrangements and we will meet Friday morning at the Tiburon Ferry. (Departure time will be announced later)

QUESTIONS? Cynthia Frueh, Director 530-662-5662 makoto@dcn.org

- detach here -

Makoto Kai Yoga Retreat, Marin Headlands 2008
Registration

NAME_____PHONE_____ E-MAIL _____
(If you don't answer your e-mail, don't give your address!)

MAILING ADDRESS _____
street city, state zip

SPECIAL MEAL REQUEST? CIRCLE ONE: Vegetarian Vegan No Special Meals

CLASS REQUESTS? We may be able to take suggestions for class topics. Write them here:

_____

T-SHIRT STYLE (Circle one): Men's Short Sleeve Men's Long Sleeve Women's Short Sleeve

T-SHIRT SIZE(Circle one): Small Medium Large Xtra Large

Mail this section with a check for $275 ($75 of the registration is non-refundable)
($275 Non-refundable cancelling after August 15, 2008)

Checks made out and mailed to: Makoto Kai 443 First St Woodland, CA 95695