
 *Summer Solstice* 
One Day Yoga Retreat
Saturday, June 22, 2024 – 9am-5pm



Come celebrate the start of summer with a one-day retreat at the beautiful Sherwood Farms (in King City) .

A day filled with nature, nourishing food, 108 Sun Salutations, journaling, meditation, movement, and connection.



Sample Schedule for the Day:

9:00am - Welcome tea + coffee

10:00am - 108 Sun Salutations

12:00pm - Lunch & Free time (pool, forest trails, and more)

2:30pm - Yin Practice + Meditation

4:00pm - Closing Fire Circle

5:00pm - Departure

Early Bird Price: \$165 (\$195 after May 22)

Register by emailing madifruitman@gmail.com

