



geoffrey roniger yoga

ALIGNMENT · BREATH · CONSCIOUSNESS

Spring Retreat May 8-10, 2009

Come experience a weekend of rejuvenation and restoration at OZ Farm, an idyllic retreat center nestled in a private valley on one of the most pristine stretches of the scenic Mendocino County coast. Deepen your yoga practice with Geoffrey's signature sequences that explore the often-neglected mode of sensory awareness. Nourish yourself with Matthew's gourmet vegetarian meals that feature fresh food grown directly at the farm.

Schedule

Friday

1:00-3:00pm Check-in
4:30-6:30pm Practice
7:00pm Dinner

Saturday

7:00am Breakfast
9:30-11:30am Practice
12:00pm Lunch
4:30-6:30pm Practice
7:00pm Dinner

Sunday

7:00am Breakfast
9:30-11:30 Practice
12:00pm Lunch
4:00pm Check-out

Rate

\$460 (includes 2 nights lodging, food, and classes)
\$100 non-refundable deposit required by 4/1 to hold your space
Full payment required by 4/24
No refunds after 5/1
Space limited to 20 participants
To reserve a spot or ask questions call Geoffrey at 415 225-9984
or Matt at 415 298-7656

About the Retreat Leaders

Geoffrey Roniger is widely regarded in the Bay Area for his unique ability to blend alignment, movement and metaphor in yoga. A dedicated practitioner for over 12 years, he has apprenticed extensively with Rodney Yee and serves on the teacher training staff at The Yoga Loft in San Francisco.

Matthew Smey has grown up in the culinary world of San Francisco. He works daily with farmers, foragers and other chefs of the Bay Area to stay in touch with the local food of the season. Currently the General Manager of one of the city's most highly acclaimed restaurants, Rose's Cafe, Matthew prides himself on a thoughtful approach to food and people.

