



# Listen to Your Shadow

A Yoga Retreat with  
Debbie Gilman and Dorinda Nyberg  
1440 Multiversity, Santa Cruz County, California  
October 24-27, 2019

*Time flies over us but leaves its shadow behind*

Please join Debbie and Dorinda for a weekend surrounded by the ancient redwoods whose shadows have been cast for over a millennium. We will take 3 nights and 4 days tapping into our senses in ways that only nature can evoke. We will notice what we hear, absorb what we see, appreciate textures and sensations and allow the energy around us to enter our soul.



1440 Multiversity, [www.1440.org](http://www.1440.org), gets its name from the number of minutes in each day. Nestled in the Santa Cruz redwoods, the creation of 1440 Multiversity stemmed from a desire to establish a beautiful and nurturing physical location where people of all walks of life could come together in community—to explore, learn, reflect, connect, and reenergize. We are excited to introduce our students to this beautiful new place to practice our yoga and bring our community together again.



The retreat starts on *Thursday, Oct. 24 (check-in 4pm) and concludes after lunch on Sunday, Oct. 27*. When not practicing yoga in a beautifully equipped practice room or on the elevated outdoor meditation deck, you can enjoy exploring the forest trails, fitness room, infinity pool, coffee shop, gift shop, adjunct 1440 programs, and delicious meals. It is truly a place for quiet reflection and separation from the outside world.



We were able to negotiate the best rates for single and double occupancy. Price of the retreat will depend on the accommodations you book. Prices begin at \$942 for Redwood POD lodging - a shared room with a hall bath is \$1024.50 – a single room with a hall bath is \$1074. These prices include daily meditation, yoga, taxes and all meals. There are several other lodging options available which include king-size beds, en suite bathrooms, fireplaces and patios.

We will be in touch via email *February 12<sup>th</sup> to open registration*.

Please respond to this email if you would like to be added to the “I’m interested list”.

*“Like a shadow I am and I am not” Rumi*

PS : We realize you may have received this email twice. We both have several of you on our mailing list. Please excuse the duplication