



## Take Step Back... .

A Yoga Retreat with Debbie Gilman & Dorinda Nyberg

Mayacamas Ranch, Calistoga, California

November 2-5, 2017

**SOLD OUT -- REGISTRATION IS CLOSED**

**Please join Debbie and Dorinda** for a long weekend where we will withdraw - retreat - take a step back. We will take four days and three nights to practice and rest deeply. We hope the extended time will give you the opportunity to find well-being, resilience, care and kindness.

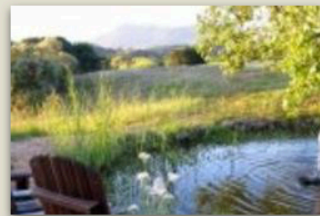
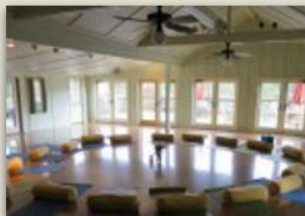
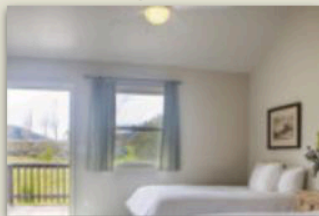
**Mayacamas Ranch** sits above the town of Calistoga at the northern tip of the Napa Valley and is the perfect place to step back from our routines and find quiet in an expansive setting.



We love retreating at the ranch -it feels like coming home. The setting is quiet and views are spectacular. It is a short 90-minute drive from the Bay Area through the beautiful Napa Valley. The **accommodations are welcoming, food excellent, practice space peaceful and the staff top notch.**

The retreat begins at 4:00pm on Thursday, November 2 and ends with lunch on Sunday, November 5. When you're not in the light-filled yoga studio, you can enjoy the hiking trails, the spacious jacuzzi, the scrumptious food, and the **quiet sitting spots throughout the property.**

If you'd like, you can visit **Jericho Canyon Vineyard** for a wine tasting or **Indian Springs** for a spa treatment and soak in the thermal waters from their geysers. These outings are not included in the retreat fee and we'll ask you to decide closer to the retreat date if you're interested.



**Registration is closed - to be put on the waiting list or to request an additional registration form please contact Debbie or Dorinda at: [d.gilman@sbcgolbal.net](mailto:d.gilman@sbcgolbal.net) [dorinda.nyberg@me.com](mailto:dorinda.nyberg@me.com)**