

# **YOGA RETREAT FOR EVERY BODY**

## **Land of Medicine Buddha in Soquel, CA**



**with Julianne Rice**  
**Friday, October 20 until Sunday, October 22**

**Retreat planned activities will include:**

**Instruction and practice in postures, breathing exercises (pranayama), guided visualization, relaxation and meditation. Each day will include sessions for all levels, sessions for advanced levels and free time. The weekend will also include a yin yoga session and time to reflect upon some of the Yoga Sutras of Patanjali.**



**Retreat "free time" activities can include:**

**Hiking in the redwoods, visiting with others, time in solitude, reading, writing, resting, playing games, visiting the shrines and temple, time in the silence, simply being and not doing, contemplating.....**

**Evening programs include: Music and more....!!! TBA**

## ACCOMODATIONS



Rooms are lovely and comfortable and set up as doubles or triples. They are the same price and go on a first come first serve basis.

Two vegetarian meals on Friday, 3 vegetarian meals on Saturday and 2 vegetarian meals on Sunday. The dining room is open 24 hours a day and fruit and tea are always available. The natural redwood environment is gorgeous and the Tibetan Buddhist tradition of the center sets up a sweet, mystical feeling. It's a wonderful get-a-way!



### **Special offer this retreat:**

If you tell someone about this retreat and they decide to come you get a \$40 discount for this retreat!

Cost for this retreat: \$310 or \$270 with discount. Deposit of \$100 due by October 5

# LOGISTICAL INFORMATION

**Check-in:** 9am Friday. Program runs 10am Friday through lunch on Sunday

**Location and Directions:** [http://www.medicinebuddha.org/contact\\_us.htm](http://www.medicinebuddha.org/contact_us.htm)

**Deposit:** A \$100 check will hold your space. No refunds. Balance of \$210 due by October 5. Limited spaces are available, register early.

**Work Exchange:** A limited number of work exchange/scholarship positions are available. Please contact [julirice@yahoo.com](mailto:julirice@yahoo.com) ASAP.

**For more information:** [julirice@yahoo.com](mailto:julirice@yahoo.com) or 650-996-4209 Let her know about any special needs that you may have

**After you have registered** and paid in full, a confirmation letter with retreat details will be e mailed to you – approximately 7 days before the retreat.

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## Registration Form

Your Name \_\_\_\_\_

Phone H: \_\_\_\_\_ W: \_\_\_\_\_ C: \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Room request \_\_\_\_\_double \_\_\_\_\_triple

Name of requested roommate \_\_\_\_\_

make checks payable to Julianne Rice and mail to:  
2913 Crocker Ct., Aptos, CA 95003  
Or give directly to Julianne Info: 650-996-4209



## **Julianne Rice**

Julianne Rice's dedication to the health and well-being of all people, expresses itself most fully in her teaching of Yoga. She has been teaching Yoga classes in the Bay area since 1984. Her teaching style includes elements from Iyengar, Vinyasa Flow, Phoenix Rising Yoga Therapy, and Dance. She has been on the faculty of Yoga Educational Seminars, a yoga teacher training program founded and directed by Joyce Anue. Her classes challenge and nourish the body and the mind and inspire the opening of the heart. Her communication skills, commitment to her own spiritual and physical development and her own creativity have contributed to her long-standing reputation.

She has been teaching primarily at the Center for Spiritual Enlightenment in San Jose, now going into her third decade. As the manager and primary teacher there she has developed classes that focus on Yoga as Spiritual Practice. She aspires to bring alive the wisdom of the eight limbs of yoga throughout posture classes. The focus is on supporting students in their spiritual and physical development through the conscious careful practice of postures, breathing exercises, and meditation.

Eager to maintain her enthusiasm for teaching she continues to study extensively and develop new classes. These classes include pre-natal, mom and baby, special needs (including students with multiple sclerosis, polio, Down's syndrome, seniors, children of all ages and teens).

Julianne's commitment to being present to the possibility of love, healing and creativity inform her work on all levels.