

# *Nourish Your Spirit*

## *Retreat into the beautiful mountains of Idyllwild*

*August 10-12*

*with Kris Kulp, 200 E-RYT and Camilla Sinclair, 200 E-RYT, HHP*



### ***\$100 EARLY BIRD DISCOUNT UNTIL JUNE 30TH !!!!***

***BEDROOM 1. Queen Bed with Private Deck***

*Single \$875*

*Shared \$695 pp (shared bath)*

***BEDROOM 2. Queen Bed with Sofa***

*Single \$855*

*Shared \$675 pp (shared bath)*

***BEDROOM 3. Two twin beds***

*Single \$855*

*Shared \$675 pp (shared bath)*

***BEDROOM 4. Four Bunkbeds***

*\$575 pp (shared bath)*

***Prices above are effective after June 30th.***

*A non-refundable deposit of \$300 is required to hold your space. Balance must be paid by July 15th.*

*A signed waiver of liability will be required prior to August 10th. For further details please visit: [www.camillasinclair.com](http://www.camillasinclair.com)*

*For more information login at: [www.camillasinclair.com](http://www.camillasinclair.com)*

***OR Contact:***

*Kris Kulp*

*[kris@adhodogyoga.com](mailto:kris@adhodogyoga.com)*

*Camilla Sinclair*

*[camsinclair31@yahoo.com](mailto:camsinclair31@yahoo.com)*

***Give yourself the gift of ~***

- ~Rejuvenating your spirit in the cleansing mountain air***
- ~Nurturing your body with healing yoga sessions***
- ~Nourishing your entire being with prana enhancing organic cuisine***
- ~Carving out time for rest and reflection***
- ~Clearing out your mind with centering meditation***
- ~Reducing electromagnetic toxins with a digital detox***

***Sample Retreat Day: (schedule may vary)***

***7:00 Sunrise Yoga (or hike)***

***9:00 Light and delicious breakfast***

***10:30 (Yoga Flow, Meditation, Breathwork)***

***12:00 Lunch***

***(afternoon free for hiking, sights or relaxing)***

***4:00 Restorative Yoga***

***6:30 Catered Organic Dinner***

***8:00 Star Gazing (maybe in the jacuzzi)***