

REJUVENATING RETREAT



For Women



A LUXURIOUS RETREAT

November 11-13 2011
The Glen Ivy Center

Additional Retreat Information and registration at

www.serafinaonline.com

www.meetup.com/southbayyoga www.feelthebliss.wordpress.com

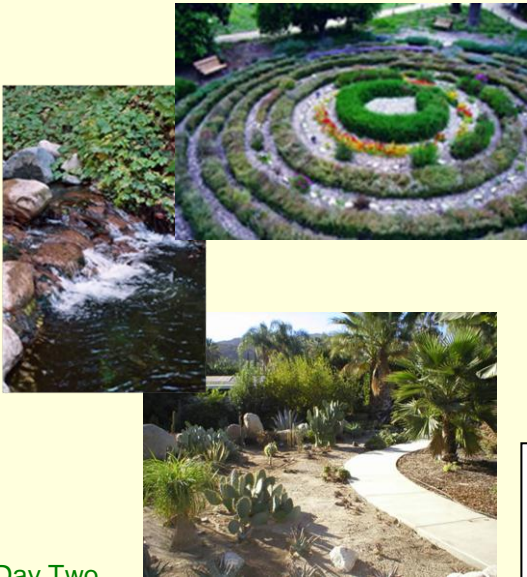
\$500 double occupancy
\$600 single occupancy

Price includes meals and accommodations,
Full access to the Glen Ivy Spa on
Saturday, yoga, Meditation and workshops
Please call for additional information
(714)708-2772 or (310)370-3278
Deposit or full payment may be mailed



Registration with \$200 Non-Refundable Deposit

Rejuvenating Retreat at Glen Ivy Center



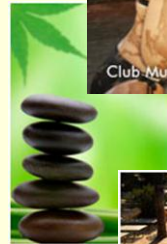
Day One

- 1:00 p.m. Check-In the Glen Ivy Center Reception
- 4:00 p.m. Orientation
- 4:30 p.m. Women's Circle
- 6:00 p.m. Dinner
- 7:00 p.m. One command by Claudia
- 8:00 p.m. Meditation by Serafina



Day Two

- 8:00 a.m. Breakfast
- 9:00 a.m. Gentle Yoga all levels with Claudia
- 10:30 a.m. Water Workshop at the Creek Serafina
- 12:00 p.m. Lunch
- 1:15 p.m. Meet in Old Bathing Suit for Mud Experience
- 2:30 p.m. Free Spa Time/Relaxing at the Glen Ivy Hot Springs Spa
- 6:00 p.m. Dinner
- 7:00 p.m. Herb Labyrinth Walk creating your dream pillow
- 8:00 p.m. Surprise Special Guest



Day Three

- 8:00 a.m. Breakfast
- 9:00 a.m. Gentle Yoga all levels with Claudia
- 10:30 a.m. Women's Circle
- 11:30 a.m. Closing meditation Serafina
- 12:00 p.m. Lunch
- 1:00 p.m. Check Out



Additional Retreat Information at www.serafinaonline.com

*Optional Glen Ivy Hot Springs Spa services can be scheduled on Day One prior to 4:00 p.m. or on Day Three following Check-Out with half price admission pass offered

The Glen Ivy Center The Glen Ivy Hot Springs Spa
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Feng Shui - Interior Design - Women's Retreats - Consultation