

Mindfulness

**Meditation and Yoga Retreat in Santa Cruz, CA
with Megan McCarver September 15th - 17th, 2017**

Reflect, restore and rejuvenate yourself at the Land of Medicine Buddha in 108 acres of the magical Redwood forest. In unison with mother-nature, align with her noble giants, meet new friends and share a mindful weekend getaway. Turn the great Tibetan Medicine Wheel to free all sentient beings from suffering.

Your Mindfulness Retreat Includes:

- 3 days & 2 nights of single or double comfortable accommodations
- Everyday meditation and yoga classes
- Guided deep relaxation session for healing
- 6 sumptuous organic vegetarian meals
- Silent stroll or hike in the scenic redwoods
- Wellness teachings for modern living



Please book ahead as space is limited

Single Occupancy - \$595.00 / Double Occupancy - \$495.00 before July 4th
Single Occupancy - \$695.00 / Double Occupancy - \$525.00 after July 4th
(Scholarships available upon request)

Megan Lurie McCarver, M.A., C-IAYT, E-RYT 500

Megan is co-director of *Be The Change* Yoga Therapy Teacher Training, has over 30 years of success in the Health and Wellness Industry, leading courses in Pain Management - Stress Endurance Techniques, Meditations for Mindfulness and Therapeutic Yoga. Megan currently shares her expert talents teaching clients in modern lifestyles yoga, self-care, posture awareness and balance training, and well-being for greater good.

**Register online @ yogaeverywhere.com/SantaCruz.html
or call Megan McCarver at 949-280-9968**