



This is a special weekend dedicated to staying healthy, nourished, and grounded through the winter/holiday season. Meant to bring peace and gratitude you'll leave feeling clear, light, and inspired.

Through the course of the weekend I'll be leading you through 4 vinyasa classes designed to detox and purify the body. Building heat while cultivating strength and stamina we'll cleanse the system of excess stress, food, and drink.

In addition, I'll be holding my Pranic Breathing workshop. This is a special type of breath work that cleanses the energetic body. It has the power to illuminate and remove deeply held stresses offering clarity, insight, and inspiration. The effects are a sense of lightness and ease and many have shared effects of personal transformation.

With plenty of time for yourself, to hike and connect with the land, and each other, the weekend is sure to hold and ground you in all the ways you need.



Sitting amongst the majestic redwoods of Sonoma county, Ratna ling is a northern californian retreat center just 90 miles north of San Francisco. Grounded in the Tibetan Buddhist wisdom traditions Ratna Ling supports the healing and wellness of body and mind.

Weekend Includes:

- *2 nights lodging
- *Own room in two bedroom cottages with shared bathroom
- *4 yoga classes
- *meditation
- *Pranic breathing workshop
- *5 healthy and abundant vegetarian meals
- *Access to the land and hiking trails

Weekend schedule

Friday Dec 6

Check-in 3pm
Yoga 4pm
Dinner 5:30pm
Opening/Welcome circle 7pm

Saturday Dec 7

Breakfast 8am
Yoga 9:30-11:30am
Lunch 12:15pm
Free time
Yoga 4-5:30
Dinner 5:30ppm
Pranic Breathing workshop 7pm

Sunday Dec 8

Yoga 8:30-10am
Brunch 10am
Check-out noon



**Massage and bodywork offered on site at additional charge. Visit ratnaling.org for menu
robineduryea@gmail.com*