

Settling Into Meditation

**YOGA
MEDITATION
QIGONG**

SEPTEMBER

18-21

SIERRA HOT
SPRINGS

\$325

PER PERSON*

*You will need to book your own camping or hotel room at the lodge. Go online to Sierra Hot Springs or call (530) 994-3773

WORKSHOP INCLUDES:

- Qigong, Yoga, self-massage, standing, walking and seated meditation, breathwork, laughter and community
- Lots of time to soak in the natural hot springs, hike, horseback ride, visit nearby lakes or relax on the porch
- Some classes held outdoors under the pines in the beautiful ceremony circle

For more info contact jim@relaxedfocus.net

TO REGISTER

PREFERRED MEANS OF REGISTRATION SEND \$100 NON-REFUNDABLE DEPOSIT TO:
JIM GALLAS C/O LISA MARTIN, 93 CALEDONIA STREET, SANTA CRUZ, CA 95062

OR PAYPAL: JIM@RELAXEDFOCUS.NET (WITH "SETTLING INTO MEDITATION DEPOSIT")