

Breathe Yoga Retreat April 5-7, 2012

Joshua Tree Retreat Center is located in Joshua Tree, California, approximately one hour from Redlands.

To MapQuest Directions use the address:
59700 29 Palms Hwy, Joshua Tree, California.

Directions from Redlands:

10 East

Merge CA-62/29Palms, exit 117 toward 29 Palms/Yucca Valley
(...after passing Home Depot which is on the right, about $\frac{1}{4}$ mile,)
Turn left at the big Iron Sculpture on left, into the retreat
center at 59700 29 Palms Hwy.

What to Bring:

- *Clothes for warm and cool weather (days can be hot, evenings cool).
- *Yoga mat, blanket and/or towel for use during yoga sessions.
- *Walking shoes and perhaps shoes that slip on/off easily as we will remove our shoes before entering the yoga space.
- *Flashlight
- *Extra money if you want a massage from a massage therapist, or energy worker.
- *Bathing suit and towel for the warm pool. (Bath towel, and bed linens are provided.

Cell Phones

There is cell phone coverage at the Retreat Center; however, it is respectfully requested that you only use your phone in your cottage, not in group spaces. You may want to bring a watch if you currently use your phone as your clock.

Food/Alcohol

Delicious vegetarian meals will be served, but feel free to bring personal snacks. Please no alcohol nor drugs.

Early/Late Arrival

Sign in will start as early as 3pm; however, feel free to come at any time on Thursday, even early in the morning. The first meal served will be dinner on Thursday evening.

The retreat activities will end by 3pm, Saturday; however, feel free to stay later if desired. Lunch on Saturday will be the last meal served.

Staying an extra day is welcomed:

If you would like to stay until Sunday, the extra fee is \$30. Just let Julie know.