Deepening the Heart of Yoga Practice
March 10-12, 2017 Yoga Retreat with Dawn Hayes
More Info: DawnHayesYoga.com/events

When exploring the heart of practice, it is important to remember that yoga is a process of self-awareness and self-discovery. As we dive into the workings of the body, we are able to experience and become more aware of how the physical body is intricately woven with the workings of the breath, mind, and heart. In this retreat, we will explore the heart of practice and its many facets.

Classes will offer many elements of the yoga practice (asana, pranayama, meditation, etc) in longer sessions designed to offer more time to travel inward. Please come with a sense of curiosity and willingness to explore. Some yoga experience is recommended, although all levels are welcome. There will also be opportunity to rest, hike, write, read, and visit with friends.

Below are additional details about the weekend and information for registration.

Registration & Room Availability
Room availability is limited, so please register early. If you have a friend or partner that you plan to stay with, please include that info on your registration form. We will try to accommodate your requests as best we can, but there are no guarantees you will be able to stay in your first choice of accommodations. (If a room type is sold out, this will be listed on the website. Please refer to this or speak with Dawn if you have questions.)

More details about each room type are available on the website: DawnHayesYoga.com/events

Prices below include: all yoga classes, accommodations, all meals, all props (except a yoga mat), all linens/towels, and taxes. Students are responsible for transportation to and from the retreat.

Room Options:
1. Communal Room Per Person = $545 before Jan 15 / $595 after Jan 15
2. Suite, Double Occupancy Per Person = $595 before Jan 15 / $645 after Jan 15
3. Suite, Single Occupancy Per Person = $815 before Jan 15 / $865 after Jan 15

Things to bring:
Please bring your own yoga mat to practice with. All other props are provided.

Dress in layers. Evenings are cold, and this time of year weather can very quite considerably with rain possible. Bring a sturdy pair of hiking boots/shoes. A notebook and pen for notes and journaling. A book to read. A bathing suit for the pool and/or hot tub. A flashlight might be helpful. Yoga clothing and personal toiletries.

Towels, sheets, & linens are provided.

Please leave your digital devices at home or turned off. There is no wireless available, although you will have cell phone reception on the grounds.
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Arrival & Departure
Arrival is after 2pm on the first day and departure is at noon on the last day. The first class begins at 4pm on Friday - please try to arrive with time to check in and get settled before class.

You are responsible for your own transportation to and from the retreat. Car pooling is encouraged and Dawn will help to connect you with other participants if this is of interest to you. Driving directions will be provided in late February.

Weekend Schedule
Schedule times and descriptions may change.

Friday, March 10
2-4pm Arrival & Check-in
4-6pm Welcome & Yoga Practice
6pm Dinner
7pm Group Introductions
8pm Enjoy the Stars in the Jacuzzi

Saturday, March 11
8:30am Light Breakfast
9:30-12pm Morning Yoga Practice
12:30pm Lunch & Afternoon Break
4-6pm Afternoon Yoga Practice
6pm Dinner
8pm Enjoy the Stars in the Jacuzzi

Sunday, March 12
8:30am Light Breakfast
9:30-11:30am Morning Yoga Practice
12pm Check-out & Departure

Meals
All meals are prepared on site by Sagrada Wellness and are all vegetarian, gluten free, and mostly vegan. If you have food allergies or sensitivities you would like us to know about please list them on the registration form.

Acupuncture
Sagrada Wellness owner Eva offers acupuncture services. Please visit their website for more information sagradawellness.com. Appointments are limited, so please arrange in advance with Eva sagrada.acu@gmail.com or 805-400-9095

$250 Non-Refundable Deposit & Balance Due February 20, 2017
Registration requires a non-refundable $250 deposit payable to Dawn Hayes. The final balance is due no later than February 20, 2017. Cash or Check payment only. There will be a $35 fee for any canceled or returned checks. Late payments will incur a $50 fee.

Cancellation Policy
The $250 deposit is non-refundable.
- If you cancel before February 20, 2017, you will be refunded the registration price minus your $250 deposit
- After February 20, 2017 there are no refunds.
Registration Information — Please return this page to Dawn with your $250 Deposit and keep the other sections for your records.

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Agreement of Release & Waiver of Liability

1. That I am participating in a Yoga Class, Workshop, Retreat or Private Session offered by Dawn Hayes, during which I will receive information and instruction about yoga and health. I recognize that Yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Class or Workshop. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Yoga Class/Workshop.

3. In consideration of being permitted to participate in the Class or Workshop, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in the Class or Workshop, I knowingly, voluntarily, and expressly waive any claim I may have against Dawn Hayes, Class/Workshop/Retreat Sponsor/Venue, for any injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs, or legal representatives, forever release, waive, discharge, and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents as well as the Refund and Cancellation policies. I voluntarily agree to the terms and conditions stated above.

Signature: ____________________________ Date: _________________