

The Harvest Farm Retreat

September 27-29, 2024

3 transformational days of yoga, ayurveda, and deep connection at a stunning organic winery in the golden hills of Northern California.

- **Friday** -Afternoon: check in followed by welcome workshop and gentle yoga with sound bath, before a delicious welcome dinner and stargazing.
- **Saturday** -Morning: Enjoy a fresh breakfast from Stock Farm. Then Rise and Shine yoga in the garden followed by an Ayurveda Workshop where you will learn what your unique dosha is, how to work with it, and practices to help keep you balanced.

-Afternoon: Wholesome Lunch & Wine Tasting followed by free time to enjoy the Campovida pool, gardens, or hike the vineyard.

-Evening: Early Group Dinner followed by a sunset garden walk to a deep restorative yoga experience with sound bath.
- **Sunday** -Morning: Fresh Breakfast followed by closing workshop with energizing yoga and breathwork to send you back into the world feeling connected, inspired, and whole.

- Yoga only: \$275
- Yoga + Meals/wine: \$595
- Yoga, Meals/Wine, 2 nights Accommodation: \$995 (on property) or \$1275 (Thatcher Hotel)

