

## Weekend Retreat at Sonoma Ashram

### Schedule & Information

Sonoma Ashram, PO Box 950, 1087 Craig Avenue, Sonoma, CA 95476

[info@sonomaashram.org](mailto:info@sonomaashram.org), [www.sonomaashram.org](http://www.sonomaashram.org)

Sonoma Ashram Foundation



## "Connecting Through Your Heart With Shiatsu"

*Three days of self-care, bodywork classes and meditation*

We're so happy you will be joining us for a weekend retreat dedicated to discovering some simple Shiatsu (Japanese acupressure massage) techniques that you can use at home to improve your health and the health of your loved ones.

### Few Helpful Tips:

Wear comfortable clothing that you can easily move in and clean socks for your practice.

Shiatsu is received on the floor on comfortable mats. Bring one flat sheet and a pillowcase for your practice. If you cannot be on the floor, let us know. You will have the option of working on a massage table. Bring a fitted sheet and a pillowcase with you.

Let us know if you have any food allergies or need special accommodations.

We highly encourage you to take advantage of the whole seminar, but we also offer the option to attend to your classes of choice. In this case, we strongly recommend you to participate to the Introductory class.

### Schedule:

Friday 2/2/2018

- \* Arrive by 2:00 pm - Meet and Greet
- \* 2:30 - 3:00: Orientation
- \* 3:00 - 5:00: Workshop Introduction: basic movement, posture and breathing
- \* 5:30: Dinner
- \* 7:00: Meditation

Saturday 2/3/2018

- \* 8:00 - 9:00: Self Care: Meridian Exercises
- \* 10:00 - 10:30: Meditation
- \* 10:45 - 12:45: Practice: Focus on the Back
- \* 1:00: Lunch
- \* 2:15 - 5:15: Practice: Focus on Shoulders and Feet
- \* 5:30: Dinner
- \* 7:00: Meditation

Sunday 2/4/2018

- \* 8:00 - 9:00: Self Care: Meridian Exercises
- \* 10:00 Sunday Program
- \* 12:30: Lunch
- \* 1:30 - 4:30 Practice: Focus on Face, Head and Neck
- \* 4:30: Closing



## Shiatsu Workshop Retreat at Sonoma Ashram

Please complete this form and return it via mail to: **Sonoma Ashram, PO Box 950, Sonoma, CA 95476**, via fax at **707-996-0388**, or via email at **retreats@sonomasshram.org**. We accept cash, checks, Visa, MC and American Express. A deposit of half your retreat cost is due at the time of registration to hold your space.

Arrival Date/Time: \_\_\_\_\_ Departure Date/Time: \_\_\_\_\_ # of Nights: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Phone: \_\_\_\_\_

Seminar suggested donation (per person):

Option 1: Seminar classes, meals and 2 overnights (February 2 & 3, 2018)

\$ 480 = \$ \_\_\_\_\_

Option 2: Seminar classes, meals (no overnights)

\$ 320 = \$ \_\_\_\_\_

I would like to extend my stay:

Personal retreat suggested donation range (per person):

\$100-130/night X \_\_\_\_\_ additional nights = \$ \_\_\_\_\_

Total due \$ \_\_\_\_\_ Deposit enclosed (at least half) \$ \_\_\_\_\_ Balance due on arrival \$ \_\_\_\_\_

Payment Method:  Check  Visa  MasterCard  American Express  Money Order

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Security code: \_\_\_\_\_

**CANCELLATION POLICY:** Full deposit refunded if cancelled up to 14 days prior to reservation date. Deposit less \$50 refunded if cancelled 8-13 days prior to reservation date. No refund if cancelled within 7 days of reservation date or for shortened stays.  **Please check this box acknowledging you've read and understand the cancellation policy**

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Dear Participants,

Sonoma Ashram is dedicated to availing the ancient wisdom of the sages to all. Making these universal teachings and practices as accessible as possible is our goal. At the same time, Sonoma Ashram operates in modern America, which includes the possibility of claims and litigation against Sonoma Ashram for what can occur during and after time spent on site. Claims and litigation, when made needlessly and frivolously, would be a costly time-consuming process that could in time threaten the continued viability of Sonoma Ashram and our ability to offer access to this ancient wisdom. Thus, we ask that you read and agree to (by checking the box below) Sonoma Ashram's **Personal Retreat Program Waiver of Liability** which can be viewed at: [www.sonomaashram.org/waivers](http://www.sonomaashram.org/waivers). In doing so, you are playing an important part in protecting the Sonoma Ashram from litigation.

I have read and agree to Sonoma Ashram's **Personal Retreat Program Waiver of Liability**.

Namasté, Sonoma Ashram Board of Directors

## Personal Retreat Intention

Please describe any food allergies or limitations: vegetarian/vegan, no wheat, no dairy

Tell us a little about yourself, your life, any meditation, or yoga practice you have done, or any experience you have with bodywork:

Please email a “selfie” along with this form for our remembrance file:

P.O. Box 950, Sonoma, CA 95476  
phone: 707.996.8915  
[info@sonomaashram.org](mailto:info@sonomaashram.org)  
sonomaashram.org

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