

**Northern California Women's Yoga Retreat
at OZ Farm
with Athena Pappas and Octavia Morgan**

**Thursday, August 9th – Sunday August 12th, 2012
Oz Farm, Mendocino County near Pt. Arena**

Join us for a long weekend of practice, nature and relaxation in a pristine valley on the Mendocino Coast. Octavia and Athena will lead both asana (physical postures) and pranayama (breath control) classes in the Iyengar Yoga method. Oz Farm offers hiking trails and river walks, and a short drive will bring you to beaches and coastal state preserves.

Schedule: (subject to change)

Thurs: 3:00 PM – Retreat begins. Afternoon asana class, dinner and evening gathering.

Fri., Sat: Early morning pranayama, morning asana class, late afternoon asana class.

Sunday: Morning pranayama class, asana class. Retreat concludes after on Sunday.

Students may stay and enjoy the farm until 5 PM.

Afternoons and evenings will be free for hiking, reading and relaxing. There will be an evening activity on Saturday night.

Cost includes: 3 nights shared accommodations, all meals and 9 yoga sessions.

About Oz Farm

Oz Farm is an organic farm and retreat center and is also managed as a sustainable working forest. Bordered with redwood forest, and with the Garcia River running through its 240 acres, Oz Farm is blessed with tranquility, fresh air and clear water. Oz Farm is 'off-the-grid', using solar and wind power for all its operations. But the reason most visitors come to Oz Farm is to savor its own special seclusion, redwood forests, hiking paths, river walks and restorative peace and quiet.

<http://www.oz-farm.com/>

What To Expect

- Each cabin is in a beautiful, private location that is a 5 to 15 minute walk from the Community House. Some cabins require a short uphill walk.
- Accommodations are shared with 1 to 2 other people. There are a limited number of single rooms available.
- Some beds are located in lofts accessible by a ladder. You will be assigned to a cabin and the beds are first come, first serve upon your arrival at the Farm. Guests provide their own bed linens or sleeping bags.
- All cabins have a sink with running water and individual outhouses. The Community House contains restrooms with flush toilets, and hot-water bathing facilities (showers and bathtubs).
- Oz Farm's rustic facilities are a large part of its charm. Electricity (from off-the-grid solar panels and wind generator) is limited to lighting and is not suitable for computers or other appliances. Wood stoves heat all the buildings in the cooler months.

- Food is prepared on-site by our chef, who uses fruits and vegetables from the farm as well as other locally produced products.