

Balance & Harmony - Fall yoga retreat

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Celebrate the Autumnal Equinox September 24-27 at White Lotus in Santa Barbara with Newton Campbell and Brynn Rybacek. The beginning of fall marks a shift in energy on the planet and within ourselves. At the equinox, the sun rises directly in the east and sets directly in the west, signifying a time of balance. This is a perfect time of year to reaffirm balance in your own life. Create harmony in your body with Newton's challenging strength and endurance classes in the morning and Brynn's flowing vinyasa classes in the evening, complete with Tibetan Healing bowls. Calm your mind with daily guided meditation and realign yourself with the natural rhythm of the universe as Gong Master Lee Kix facilitates evening drum circle and Gong Bath. All levels are welcome!

White Lotus is a mountain oasis that overlooks Santa Barbara and the Pacific Ocean and rests on ancient canyon grounds in the San Marcos pass considered sacred by the original inhabitants, the Chumash Indians. During the day, use your free time to hike in the oak and manzanita forests, dip in the waterfalls, sunbathe, receive a massage, or quietly reflect in the underground Hopi-style meditation Kiva. In the evening, choose to quietly enjoy the hot tub for tremendous star-gazing or join the group for an uplifting facilitated drum circle, a social game in the dining hall, or a healing gong bath.

The Retreat and Retreat Center Include:

- * 4 days / 3 nights retreat accommodations
- * All delicious vegetarian meals
- * Daily yoga and meditation classes
- * Swimming Hole
- * Hot Tub & Sauna
- * Hiking trail right on the property
- * Outdoor Observation Deck for Sun and Sky
- * Daily feelings of overwhelming joy and serenity

Accommodations/Prices:

- Yurts (3 people) – \$695 Beautiful, dome-like structures with doors, windows, wood floors, electricity, and heating that combine the joys of natural living and camping with the comforts of being indoors. Furnished with comfortable Balinese daybeds.
- Loft in main living room (3 people) - \$795
- Private cabin (2 people) - \$895
- Private cabin (1 person) - \$995

****Space is limited! Sign up early to reserve the spot you desire! \$300 deposit due by July 31, full balance due by Aug 31.****

To register and ask questions, please email Brynn at yogasurfergirl@yahoo.com

Deposit should be made payable to Newton Campbell and sent to Triad Yoga ATTN: Newton 2626 Dupont Drive Irvine, CA 92612

Brynn Rybacek is a National Yoga Alliance certified instructor and has been teaching for 6 years at Triad Yoga. She has led yoga retreats worldwide and also currently leads yoga teacher trainings through her company True Flow Yoga in Huntington Beach, CA. Her teaching style is characterized by anatomical precision, philosophical eloquence and spiritual curiosity. The unique and vigorous flow of her sequences and her mindful adjustments draw her students into ease, while she pushes their boundaries and helps them to overcome their fears. She is a hiker, traveler, ocean-lover, and tree-hugger! Check out her website at www.trueflowyoga.com

Newton Campbell is in top shape, spending several hours a day practicing yoga and working out.. He helps his students become super fit by offering endurance-filled classes. His students love the challenge and keep coming back for more. Be ready to sweat out toxins and feel really good about your physical shape in Newton's classes. Newton comes to Triad Yoga as an accomplished Southern Californian Yoga instructor. In June 2005, Lululemon Athletica of Newport Beach named Newton instructor of the month and, in September 2005, he was named Lululemon's Ambassador. His following has stood the test of time and location, as his students continue to attend his classes with complete dedication.

For more information regarding White Lotus, please check out their website at <http://www.whitelotus.org> or the reviews at http://www.gayot.com/lifestyle/health/top10/yogaretreats_2005.html and <http://www.yelp.com/biz/white-lotus-yoga-foundation-santa-barbara>