



Vinyasa Yoga and Meditation Retreat
At Land of Medicine Buddha
With Nikki Estrada
October 15-17, 2010

Join me for this weekend of yoga and meditation at Land of Medicine Buddha, a serene and peaceful retreat center located in Soquel, California. Each day includes flow style yoga practices, meditation, organic vegetarian meals and time to rest and reflect or enjoy the trails.

The retreat begins Friday October 15th at 4pm and concludes after lunch on Sunday October 17th.

Cost: \$525 single occupancy
 \$450 double occupancy
 \$400 triple occupancy

Deposit: \$100 holds your place with balance due October 1st, 2010
 No Refunds after October 1st, 2010.

Registration: Send checks payable to Nikki Estrada to 14 Pizarro Ave.,
 Novato, Ca., 94949

Info: For information by email: retreats@nikkiestrada.com
 Or visit www.nikkiestrada.com
 Or 415-794-1411