

The Summer Solstice & - "Living a Balanced Life" Yoga Retreat



June 19th – 22nd, 2014
Mayacamas Ranch – Calistoga, CA
Jim Coughlin & Shawna Scizak – your hosts

Thursday, June 19th – to - Sunday, June 22nd, 2014

3-nights/4-days of yoga, sun and work/life balance!

Please come join us for 3-nights & 4-days at [Mayacamas Ranch](http://www.mayacamasranch.com) in Calistoga, CA for a weekend of incredible sunshine, fun and Yoga – combined with three special mini workshop sessions on "Living a Balanced Life." Learn how to balance competing and multiple priorities in your life including your career, your family, your health & wellness, your friends and perhaps your deeper spiritual life. Find out how to integrate all the great things you have going on in your life!

Find out more about the retreat center by visiting www.mayacamasranch.com. We have room for only 24 guests. Please register early by going to: www.pleasantonyoga.com

3/nights - 4/days

All meals (8) included (NOTE: they have REALLY good food!)
Six (6) yoga asana classes (3 taught by Jim - 3 taught by Shawna)
Three (3) 90-minute sessions on "Living a Balanced Life"

Price is: \$879 double occupancy
Everything is included (3-nights stay, all tax, food, yoga, everything).



Jim Coughlin has taught yoga & meditation for over 10 years. In 2002 Jim & his wife Kate opened Downtown yoga in Pleasanton. Both Jim & Kate have led dozens of national and international yoga workshops and retreats. Jim has also spent 35 years in the staffing, recruiting and career counseling industries and has worked with thousands of people to find more rewarding, satisfying and enriching careers.

Shawna Scizak began exploring the benefits of exercise early in life, particularly those associated with improved emotional and mental wellbeing, working in the fitness industry for seven years. In 2010, she graduated from Brentwood Yoga Center's Advanced Yoga Studies Program and became certified with the Yoga Alliance. She also took her pursuit of yoga half way around the world when she accompanied Jim, Kate, and her teacher Sandy on their spectacular retreat to India. As a student first and a teacher second, she hopes to use her knowledge and enthusiasm to bring the life changing benefits of yoga to others.

