

6-Day Yoga Retreat

August 1 – August 6, 2017

Mt Calvary Monastery • Santa Barbara CA

relax • rejuvenate • strengthen

This 6-day yoga retreat is appropriate for strong beginner and intermediate students. There will be vigorous sessions as well as more gentle relaxing sessions. Breathing practices and meditation will be offered daily. There will be a guided hike and plenty of free time to read, go to the beach and enjoy Santa Barbara.

Please join us in this beautiful setting for a healthy and fun retreat.



Sister Greta Ronningen, CDL, is a professed member of the Community of Divine Love, an Episcopal monastery in the Benedictine tradition located in San Gabriel, California. Greta has been practicing and teaching yoga for over 40 years and co-founded the two largest yoga businesses in America; Yoga Works in Los Angeles and Yoga Zone in New York. Greta



teaches Hatha Yoga with an emphasis on breathing and meditation. Greta is a chaplain working with both men and women in Los Angeles County jails. She holds a Master's Degree from Claremont School of Theology in Spiritual Formation. Sr. Greta is a spiritual director, writer, public speaker and retreat leader. She is the author of *Free on the Inside: Finding God Behind Bars*.

For more information regarding Sr. Greta's retreats visit: www.cd尔蒙ks.org

This retreat will be held to 14 participants. The cost of the retreat is \$825.00 and includes: 5-night accommodations, 3 delicious meals a day, and the yoga program. The retreat arrival is Tuesday afternoon 2:00pm or later and departure is after lunch on Sunday. A \$150.00 non-refundable deposit is required to reserve your space.

For information and reservations call or email:

Mount Calvary Monastery

805-682-4117, mtcalvary1@aol.com www.mount-calvary.org