



YOSEMITE

Yoga Retreat

COURSEGOLD, CA
April 30-May 3



RETREAT TO NATURE

RELAX, EXPLORE + RENEW

Come to one of the most beautiful places in the country, the Yosemite National Park area. This peaceful, relaxing, and grounding yoga retreat combines nature, yoga and holistic health for a fun + restorative 4 days, 3 nights with Shawna + John. Each day has scheduled events + free time so you can get the most from your time on this relaxing escape in nature.



DAILY SCHEDULE

T H U R S D A Y

4:30 PM Arrival
Welcome Snacks
Yoga for Travel Class
Intention Setting + Journaling
Dinner
Sound Healing + Aromatherapy

F R I D A Y

Yoga + Meditation
Breakfast
Short Hike at Bass Lake
Lakefront Picnic
Free Time
Dinner
Floating SoundBath (in pool) if weather permits

S A T U R D A Y

Yoga
Breakfast
Yosemite National Park:
Hike to Sequoias
Picnic Lunch
Gentle Hikes to Waterfalls
Free Time to Explore
Dinner
Nighttime Sound Bath + Aromatherapy

S U N D A Y

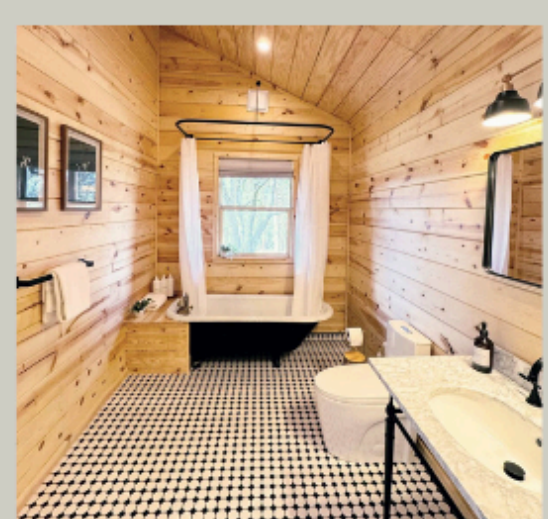
Yoga
Brunch
Reflections + Intentions
Goodbyes

OPTION FOR DAILY SAUNA, SOUND
VIBRATION BED + HOT TUB SOAKS

OUR HOME

F O R T H E 5 D A Y S

We will be staying in a gorgeous log cabin with 6 bedrooms + 4 bathrooms. It has a total of 11 beds. The spacious cabin also has a large gameroom with lots of fun games (think foos ball, arcade games and more), a hot tub + pool, hammock, outdoor shower, + a beautiful view of the forest and mountains.



MEALS

Enjoy healthy, delicious, + organic home-cooked meals + picnics that meet your requested dietary needs. Included meals are snacks + dinner day 1, breakfast, lunch + dinner day 2, breakfast, lunch and dinner day 3 + breakfast day 4. Special snacks like freshly dehydrated fruits + warming drinks provided throughout the retreat!



FOREST BATHING

Forest bathing originated in Japan in the 1980s, when doctors noticed that their patients were suffering from mental health issues and wondered if spending time in nature could help. It's now a vital part of preventative healthcare in Japan. We will forest bath in a short hike in the forest of Bass Lake.

Forest bathing, also known as shinrin-yoku in Japanese, is a practice that involves spending time in a forest to connect with nature through your senses. It's a therapeutic way to relax and de-stress, and it can have many health benefits, including:

- Improved mood and sleep quality
- Reduced stress levels
- Lowered blood pressure and heart rate
- Lowered levels of harmful hormones
- Increased well-being and happiness



BASS LAKE HIKING + PICNIC

Even though the lake will be starting to drain for the season, it is a beautiful place to immerse yourself in hiking + nature. We will each lunch on the sandy shores of the lake + explore the area.



YOSEMITE NATIONAL PARK

Surrounded by waterfalls + breathtaking views of nature, have a picnic lunch in front of one of the falls + leave time for meditating, journaling + exploring the park.

MARIPOSSA GROOVE

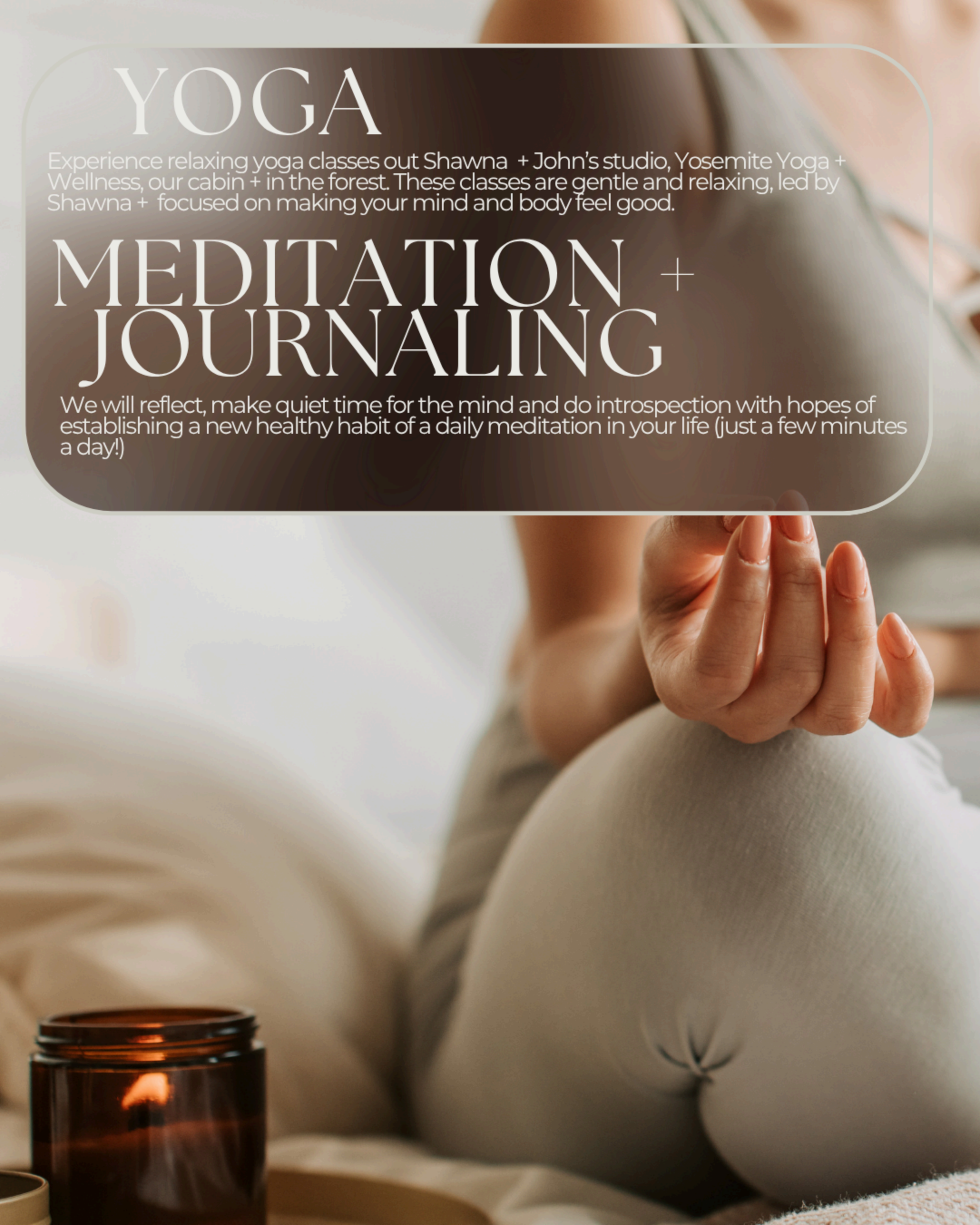
An experience like none other, we will hike around the Grove which has over 500 Sequoia trees 1000 to 2500 years old towering as tall as 258 feet. We will then do a 30 minute yoga practice among these gentle and wise giants.

YOGA

Experience relaxing yoga classes out Shawna + John's studio, Yosemite Yoga + Wellness, our cabin + in the forest. These classes are gentle and relaxing, led by Shawna + focused on making your mind and body feel good.

MEDITATION + JOURNALING

We will reflect, make quiet time for the mind and do introspection with hopes of establishing a new healthy habit of a daily meditation in your life (just a few minutes a day!)



SAUNA

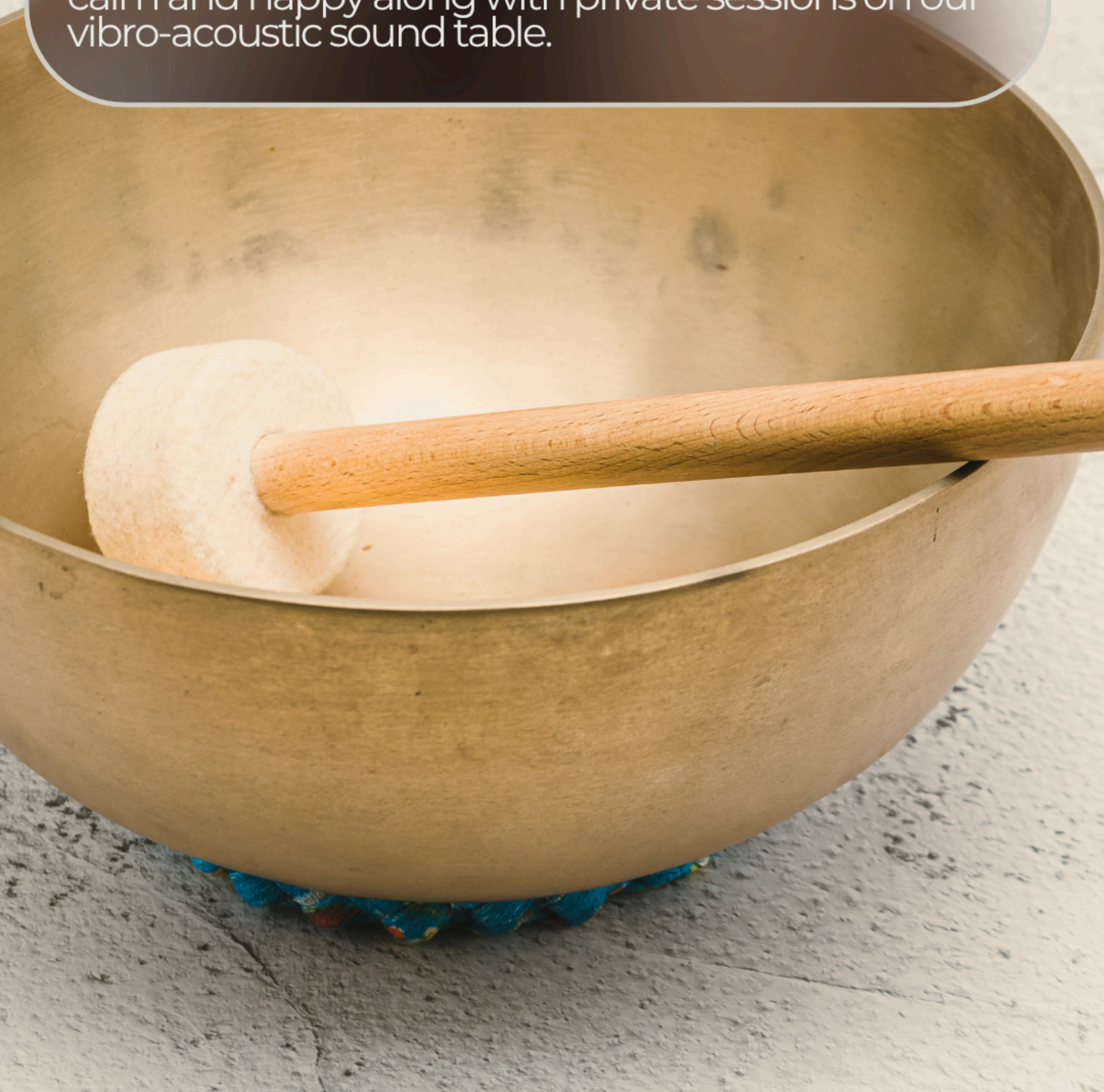
Research proves that using an infrared Sauna for at least 30 minutes once a week decreases chances of diseases by 55%. Get a private or two-person session in our Infrared Sauna outside facing the forest. The benefits of infrared sauna are vast including but not limited to pain management, weight loss, skin health, allergies, heart health, mental health + more. On your free time, you can book up to three sauna sessions on during your retreat.

SOUND VIBRATION BED

Included in this retreat is an option for up to 2 sound vibration sessions on your stay. The powerful vibro-frequency therapy will immerse yourself in a deep state of physical and mental relaxation that can effectively help you to de-stress refresh and let go of energy that no longer serves your mind, body and soul. You will be able to choose from different 30 minute playlists to help with certain things like fear, trust, guidance, peace, happiness, pain relief, detox, abundance and love. Sessions are self guided as you simply lay on the table, put on an eye mask and headphone, press play + go on an intently beautiful sound healing journey.

SOUND HEALING

Experience relaxing sound healing classes with different instruments to make you feel centered, calm and happy along with private sessions on our vibro-acoustic sound table.



ACCOMODATION + PRICING

Shared Room: \$2500-2800 per person
Private Room: \$3000-\$3100 per person

All inclusive including: Most meals, all yoga + meditation classes, your entrance to Yosemite National Park, Sauna sessions, and/or sound vibration sessions, private or shared accommodations for 4 days, 3 nights + a special gifts to remind you of your time on this retreat. + more Transportation not included.

Enjoy a special gift from Shawna's Yosemite inspired essentail oil brand, The Smelly Sasquatch.



MEET SHAWNA

A woman with long dark hair, eyes closed, in a meditative pose. She is wearing a light-colored, possibly beaded, top. The background is a textured, dark surface, possibly a cave wall or a large rock.

This relaxing and grounding retreat in nature is led by Shawna Bebbling. Shawna is the owner of Yoga With Shawna (a yoga school + studio in San Diego), The Smelly Sasquatch (an essential oil line found in indie stores + big box stores (coming soon!) + Desert Dimension (a 5 acre retreat center in Joshua Tree). Shawna's passion for helping others is the leading support behind her successful career. She started her career because of her own battle with anxiety + depression + she is honored to help people every day. Aside from leading retreats + trainings, you can listen to her on her podcast, Podcasts With Shawna. . Shawna has been a teacher since 2005 + has certified thousands of people since 2012. She is an expert in the holistic health + is honored to work with you.



SIGN UP



🌐 www.yogawithshawna.com/yosemite

✉ info@yogawithshawna.com

☎ 609-377-4264