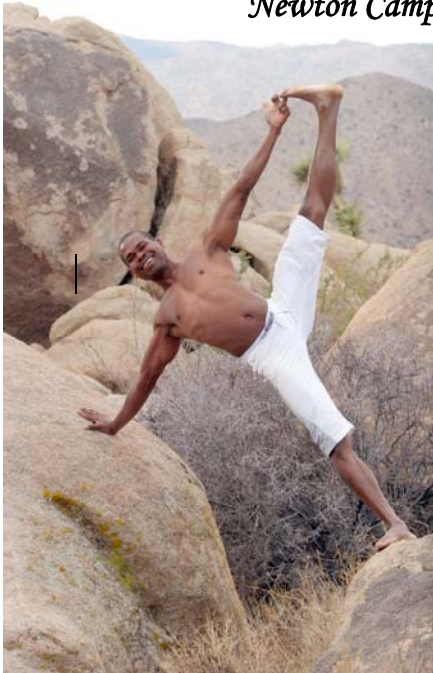


Triad Yoga Ojai Summer Retreat

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Newton Campbell and *Mark Devenpeck* are pleased to present the

Triad Yoga Ojai Summer Retreat at The Ojai Foundation (TOF)



in beautiful Ojai, California for the weekend starting at 2:00pm Thursday, June 3 through 2:00pm Sunday, June 6, 2010. Only two hours away from OC by car, TOF stewards a beautiful, rustic 40-acre retreat in the Ojai Hills surrounded by lush, green vegetation and the hills as its backdrop. It is the perfect weekend escape to relax your body, re-inspire your mind, and reconnect with nature and your true spirit.

Join us in Ojai, California in preparation for the Summer Solstice. Associated with many ancient traditions and over many centuries, Summer *Solstice* was observed by celebrating the earth, femininity, and the “yin” forces. This is the perfect opportunity for us to restore & reaffirm balance in our lives; create harmony in our bodies; and to Spiritually reconnect with the people & things around us. No place could be better to bring us all together than *The Land*, as TOF is referred as.

The Retreat and The Ojai Foundation include:

- 4 days/3 nights retreat accommodations in Yurts or Domes.
- Sumptuous vegetarian meals served for breakfast, lunch & dinner.
- Morning Yoga classes with Mark Devenpeck in the council house.
- Evening Fig yoga classes with Newton Campbell in the Council house.
- Morning & evening walks on its 40 acres to relax & breathe the fresh open air.
- Group Circles; Gratitude ceremonies & meditation bringing us closer to each other as a community and devotional thoughts.
- Swim holes; rope climbing; board games for fun group activities.
- Indulge yourself in nature and enjoy the beautiful panoramic view of the hills & landscape of Ojai on the Sunset Terrace. Take time out to relax & reflect on your life's & spiritual path.
- Individual & group walks several times around the Medicine wheel giving awareness to the wholeness of life and the law of nature that always seeks balance.
- Enjoy a moment of self or group meditation at the Amitabha Buddha, or take time to honor the awakened state which the Buddha represents in each of us.
- Purge old/bad habits by writing them down and offer them to the center fire pit of the Deep kiva. write new goals or intentions or a prayer & hide them in the cracks of the wall.
- Take a moment and enjoy the magic of silence under this 500 year old grandmother oak teaching tree.
- Take a moment & honor a friend or loved one that has passed on at the Ancestor shrine.
- Ask a question...walk the maze into the center of the Labyrinth. Can you hear the answer?
- Make an offering to the mother in your own way at The Virgin Guadalupe.
- Rest any moment at the cozy Kitchen Kiva. Give thanks to the shelter.
- Private 60 & 90 Minute Lomi Lomi Hawaiian Massages available (not included In Retreat price)
- Game nights; Music; Singing; Dancing; Chanting; Plenty of fun surprises.



The Shared Yurts :

The Community Yurt – 2 Full Futons
The Topa Yurt – 1 Full & a Futon couch
The Study – 2 Full Futons & 1 bunk bed
The Family Yurt – 1 Full; 2 Single beds
The Garden – 1 Full (good for a couple)

(All yurts accomodate 4 people except for the Garden yurt which is for 2 people)
(All domes accommodate 2 people except for the Owl which is 3 people)

The Shared Domes:

The Canyon – 1 Single bed (2ppl)
The Morning Dove – 1 Full (2 ppl)
The Bobcat – 2 Singles (2 ppl)
The Coyote – 2 ppl (futon padding)
The Road Runner – 2 ppl (futon padding)
The Lizard – 2 ppl (futon padding)
The Owl – 3 ppl (futon padding)
The Snake – 2 ppl (futon padding)

Prices:

Shared Yurts: \$599 per person including all meals, accomodations & activities

The Garden Yurt: \$799 including all meals, accomodations & activites

Shared Domes: \$399 per person including all meals, accomodations & activities

The Canyon: \$499 per person including all meals, accomodations & activities

The Morning Dove: \$499 per person including all meals, accomodations & activities

The Bobcat: \$599 per person including all meals, accomodations & activities

All payments by check or cash to: Traid Yoga & Pilates

Attn: Newton Campbell

2626 Dupont Drive

Suite A20

Irvine, CA 92612

*******Space is limited so sign up early. 50% due by April 15, 2010. Full balance due by May 15, 2010. Deposits & payments are non-refundable, but transferable*******

Please direct all inquiries to:

Newton Campbell 714-349-1656

Mark Devenpeck 562-708-0578

Please visit: <http://www.ojaifoundation.org/>

9739 Ojai Santa Paula Road, Ojai, CA 93023-9354