



Holiday Johnson, CYT (500+)

Nehalem, Oregon

*38th Annual  
Oregon Coast Yoga Retreat  
with Holiday Johnson  
Yoga for Health, Energy & Peace of Mind  
July 14th & 15th, 2018*



*Join Holiday & celebrate 38 years of this wonderful workshop,  
merging Yoga, the Ocean, & group energy!*

**Time** to renew your spirits while encouraging health & relaxation. Be inspired to be ready so you may grow your practice with Holiday, developing strength, endurance, flexibility & balance in body & mind.

**Holiday Johnson** has been teaching yoga in the Portland Metro area for over 39 years. Holiday has taught & practiced many systems of yoga in the US & Europe. Her approach is full of enthusiasm & dedication, using yoga as a technique for self discovery while developing health, fitness & peace of mind.

**Nehalem, Oregon:** only five minutes from Downtown Manzanita, quaint coastal town and home of famous Wanda's Restaurant!

**Instructor approval is required for participating. Please contact Holiday before registering.**

**Location**  
North County Recreation District  
36155 9th Street Nehalem, Oregon 97131  
Students are to provide their **OWN** lodging. Call Holiday for ideas!

**Dates / Times**  
Saturday sessions: 9-12pm & 1-3pm (veggie lunch included)  
Sunday session: 9-12pm

**Cost**  
\$160 per person (Lodging **NOT** Included)  
\$105 for Saturday sessions only \$63 for Sunday session only  
TEENS: \$80 for the full workshop, 1/2 price for all sessions

SPACE IS LIMITED for this retreat. Secure your spot today with a \$50 deposit. Please send your registration, deposit or full payment to:

**Holiday Johnson**  
3016 NE 27th Ave  
Portland, OR 97212

503.539.1074

holiday@holidaysyogacenter.com  
www.holidaysyogacenter.com