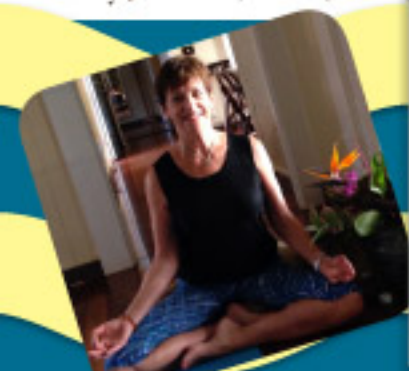




Holiday Johnson, CYT (500+)

Nehalem, Oregon

39th Annual
 Oregon Coast Yoga Retreat
 July 13th & 14th, 2019
with Holiday Johnson
 Yoga for Health, Energy & Peace of Mind



Join Holiday & celebrate 39 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 & 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