



Prana Yoga, LLC



Please respond by July 1  
To [macaela.cashman@gmail.com](mailto:macaela.cashman@gmail.com)

Name:  
Email:  
Phone:  
Address:

Book Rooms at (800)848-7893  
\$126.84/night (request two nights)

Send check for \$210 to  
Macaela Cashman/Prana Yoga  
5260 Highland Shadows Dr.  
Sierra Vista, AZ 85635

Prana Yoga

[macaela.cashman@gmail.com](mailto:macaela.cashman@gmail.com)  
[www.sierravtayoga.com](http://www.sierravtayoga.com)  
520-227-8069

Please contact me if you have any questions!

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▶ **Inner Wisdom  
Weekend Intensive  
Yoga and Meditation  
Retreat**



**August 5—7, 2016**

**Tubac Golf Resort &  
Spa**

Macaela Cashman, Ph.D.  
Retreat Leader



Bring a yoga mat, blocks, yoga belt, one or two firm blankets, and meditation cushion if you use one and a water bottle.

The retreat will begin Friday evening at 7:30. There will be two yoga classes and two meditation sessions on Saturday as well as an evening session. Sunday we will conclude the retreat with two more classes and lunch. All activities are optional.

Non-participating spouses/partners are welcome and can be included in meals for an extra \$72 or can have meals on their own.

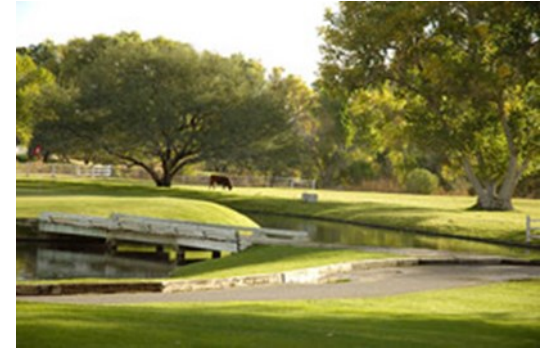
Wonderful spa amenities are available and can be booked at 520-398-3545.

## My Philosophy

Why do an intensive weekend? My intention for offering this retreat is to create an opportunity for all of us to fully experience the benefits of yoga and meditation away from the distractions of our lives and to get in touch with the direction of our inner wisdom. Having a community of practitioners, we can more fully develop our practices, renew our energy, create and deepen friendships, and find opportunities for personal transformation.

It was at an intensive workshop in Seattle that I discovered my serious passion for yoga 24 years ago. It created a lifelong commitment to practice every day. This will be the fifth such retreat I have offered, and the synergy of being with a group of people who care about their personal growth brings me joy.

I have been meditating daily for the past seven years and have offered meditation classes at Cochise College since 2011.



Set on 600 acres, the resort features beautiful Hacienda style guest rooms, restaurant, bar, cantina, a destination spa, shopping, tennis, putting green and golf. Adjacent to the resort is the Village of Tubac with its numerous galleries and restaurants. Total fee for double occupancy is \$337 and includes Friday and Saturday nights lodging (August 5 & 6), Saturday and Sunday breakfasts and lunches, and yoga and meditation classes Friday evening, Saturday, and Sunday morning.

See back of flyer for payment information.