

Mt Shasta Women's Retreat

a four-day retreat exploring the feminine Shakti energy + the teachings of Quan Yin
with Sybil Nance

July 1 - 4

Explore the principles of Order, love and graceful freedom in this women's
only yoga retreat

Friday - Sunday: morning practice 8 - 11
Thursday - Saturday afternoon practices 4 - 6

This getaway includes:

Beautiful accommodations in the heart of
the spiritually charged Mt. Shasta region

Breakfasts are provided. Lunches and
dinners are potluck.

All-levels vinyasa classes in the morning
+ evening

Daily access to healing sulfur baths, dry
sauna and mountain spring-fed dipping
pool

Nightly satsangs, meditations and/or
discussions on integrating the power of
yoga and mindfulness practices into daily
life

Optional hikes and shopping time in the
quirky and unique shops in Mount Shasta

Retreat packages:

email . jen@sukhayogaretreats.com for
availability

A-frame single: \$525

Single twin bed in the A-frame, 2
mineral bath treatments and endless
use of sauna.

A-frame shared: \$400

Shared Queen bed in the A-frame, 2
mineral bath treatments and endless
use of sauna.

Motel option: \$325

Single twin bed in shared motel room
and endless use of sauna.

Camping Package : \$220

Open camping on property (there is a
camping fee) bring your tent.

Using asana, prana and meditation as a vehicle, expressed in words we can understand and integrate each day Sybil guides a journey of yogic philosophy. Sybil's unique gift is to teach with great care and integrity so her students can openly explore and navigate deeper into a yogic lifestyle. Sybil teaches with a keen eye to observe and offer modifications to meet all body types, physical conditions as well as recognizing emotional needs of the group. She leads retreats through a journey, exploring the physical, mental, and emotional bodies.

