

Spring Bloom Yoga Retreats
Sunday, April 7, 2019 and Sunday, May 5, 2019
8:30am – 11:30am

FAQ/Policies

WHAT SHOULD I BRING?

Yoga

- Yoga attire – comfortable
- Yoga mat (double or thick mat advised)
- Yoga props that you may use such as a block and strap
- Small blanket

General

- Layered Clothing (it will be cooler in the early morning)
- Comfortable shoes for walking the paths
- Sunscreen, Hat
- Camera - optional
- Journal - optional
- Personal items

WILL THE CHERRY TREES BE IN BLOOM? (UPDATE)

The cherry trees are starting to bloom as of March 6. There trees may still be in bloom on April 7 but unlikely on May 5. With over 200 cherry trees in the lower garden, the cherry blossoms add another layer of beauty to the Garden. The Garden is filled with a variety of beautiful plants and flowers. In years past, we've enjoyed wisteria, azaleas and pink trumpet trees in bloom!

DIETARY NEEDS/INFORMATION

A light breakfast will be provided. There will be a variety of offerings including gluten free and vegetarian. If you have any allergies, please let us know at registration. We will do our best to accommodate you but for your own safety, you may wish to bring your own food.

PETS

Please leave your pets at home.

CHILDREN

The retreat is designed with adults in mind.

WHAT IF IT RAINS?

A light rain will **not** cancel the retreat but a heavy storm will and in the latter case, the retreat will be rescheduled. If the new date doesn't work for you, you will be refunded.

FEES AND RESERVATION POLICY

Reserve your spot by emailing or calling Lisa (lisa@mindfulfitness.com / 619-224-2101). The cost of the retreat is \$70. To book the retreat, payment in full is required at the time of reservation.

You may use PayPal on the website (you do not need to have a PayPal account), Zelle (your bank's free online payment system – send payment to lisa@mindfulfitness.com) or mail a check made payable to Mindful Fitness to PO Box 80711, San Diego, CA 92138-0711. Checks must be received by Friday, April 3, 2019. Space is limited to 18 guests.

CANCELLATION/REFUND POLICY

If you must cancel, refunds are available up until 30 days (March 7 and April 5, respectively) prior to the retreat. After that, there are no refunds unless your spot can be filled.

TRANSPORTATION

Please plan to arrive early (no later than 8:15am) to park and find your way to the private entrance of the Garden.

Japanese Friendship Garden / Balboa Park
2215 Pan American Road East, San Diego, CA 92101

DIRECTIONS AND PARKING INFO

<http://www.niwa.org/location/>