

Welcome!

I am so excited and honored that you have decided to join my upcoming Retreat on February 27, 2025 – March 2, 2025.

Here are a few things to know:

1. The arrival time for the retreat is between 3:00 and 4:30 pm on Thursday, February 27th. Check-out is by 11:30 am on Sunday, March 2nd. See full retreat schedule below.
2. Orientation will take place at 4:45pm. Our first class will be around 5:00 pm. Please let us know if you will not be able to arrive in time for the first class.
3. Dinner will be served around 6:45 pm. Please let us know if you are not able to arrive in time for dinner. Note, the retreat center is on a remote 45 acres in a rural area with no street lights at night so it is important to plan your arrival when it is still light out.
4. Please be sure to bring the following:
 - Journal and Pen
 - Book and night light for reading
 - Personal Yoga Mat (*props will be provided for you at the beginning of the retreat and some mats are available at the retreat center*)
 - Warm Jacket and Hat (*it can get cold at night/early morning*)
 - Comfortable Clothing (*some longer pants and layers recommended*)
 - Shampoo, conditioner, toothpaste and your own blow dryer
 - Refillable Water Bottle (*to conserve water, we will use reusable water bottles rather than going through multiple cups/washes*)
 - Walking/Hiking Shoes
 - Sunblock/Hat
 - Earplugs (*you never know if your roommates snore!*)
 - Bathing suit (*there is a cold plunge pool and hot tub*)
 - Flashlight

5. Directions to the retreat center:

Do not just rely on GPS.

Address: 6780 W. Pozo Road, Santa Margarita, CA 93453

Travel on Hwy 101 South (from SF) or North (from LA).

Exit "Santa Margarita" (Highway 58). This is about 10 miles north of San Luis Obispo.

Proceed East about 2 miles through Santa Margarita and turn right on Highway 58 towards Santa Margarita Lake (over the railroad tracks). Proceed east on 58 for about 1.5 miles.

*NOTE: Highway 58 will turn left and you will go straight instead towards Santa Margarita Lake.

This is now Pozo Road. Proceed straight on Pozo Road.

At the top of a small rise, you will see a tall red mailbox with address numbers 6780 and 6790 and the words RIATA on the gate.



Drive the speed limit or slower and use your blinkers to avoid accidents when pulling in the driveway.

The bottom gate code is YOGA.

The upper gate is opened manually and must remain closed as cattle are on the neighboring ranch.

Please plan your travels so that you arrive when there is still light out (before 6:30pm). The road is a long dirt road and hard to see where you are driving after dark (so go slow and use your brights if you have to arrive late).



Questions and concerns during arrival:

Laura can be reached at 323-828-7220

With gratitude,

Laura

THE RETREAT SCHEDULE

THURSDAY FEBRUARY 27, 2025

3:00 – 4:30 PM	Arrival
4:45 – 5:00 PM	Orientation
5:00 – 6:30 PM	Welcome Circle, Restorative Yogalates Class
6:45 – 7:45 PM	Dinner
8:00 – 8:45 PM	Fire Pit - Full Moon Meditation

FRIDAY FEBRUARY 28, 2025

7:30 – 8:00 AM	Tea
8:00 – 9:30 AM	Vinyasa Flow Yoga & Pilates Fusion Class
9:45 – 10:45 AM	Breakfast
11:00 – 11:30 AM	Ayurveda Nutrition Session & Cooking Demo
11:30 – 1:00 PM	*Free Time
1:00 – 2:00 PM	Lunch
2:00 – 5:00 PM	*Free Time
5:00 – 6:30 PM	Evening Restorative Yogalates & Meditation Practice
6:45 – 7:45 PM	Dinner

SATURDAY MARCH 1, 2025

7:30 – 8:00AM	Tea
8:00 – 9:30AM	Vinyasa Flow Yoga & Pilates Class
9:45 – 10:45AM	Breakfast
11:00 – 1:00PM	Guided Group Hike
1:00 – 2:00PM	Lunch
2:00 – 5:00PM	*Free Time
5:00 – 6:15PM	Evening Restorative Yogalates & Meditation Practice
6:45 – 7:45 PM	Dinner
8:00 – 8:45 PM	Fire Pit Meditation & Release Ceremony

SUNDAY MARCH 2, 2025

7:30 – 8:00AM	Tea
8:00 – 9:00AM	Power & Flow Yogalates
9:00 – 9:30AM	Closing Circle
9:45 – 10:45AM	Breakfast
10:45 – 11:30AM	Checkout

* During free time, sign up for optional private sessions with Laura (see below)

NOTE: This schedule is subject to change.

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***BOOK YOUR PRIVATE SESSIONS AT THE RETREAT NOW
BEFORE THEY FILL UP!
at a special retreat only price.***

SERVICE	SERVICE DESCRIPTION	PRICE
PRIVATE PILATES REFORMER SESSION	55-minute full-body Reformer Pilates private training is a creative flow class, strengthening and lengthening your entire body using a reformer resistance apparatus to build strong bones and muscle tone, and its low impact! Ideal for all fitness levels. I tailor each session based on your specific needs.	\$95 regular price. Book in advance before the retreat and get the \$85 early bird special!
PRIVATE AYURVEDA CONSULTATION	30-minute Ayurveda consultation. Maintaining balance and harmony within the body is essential for good health and well-being. In this introductory consultation we will evaluate your primary Dosha type and dive deeper into eating for your Dosha as well as how to use specific self-care practices to help balance the body's Dosha's and help harmonize the energy channels to promote optimal function.	\$40 regular price. Book in advance and get the \$30 early bird special
CONTACT LAURA TO SCHEDULE YOUR SESSION: EMAIL: Laura@SacredGardenWellness.com CELL: (323) 828-7220		

Private Session Time Slots:

Friday Feb. 28

11:30 to 12noon Ayurveda Private

12:05 – 1:00pm Pilates Reformer Private
2:05pm – 3:00pm Pilates Reformer Private
3:05pm – 4:00pm Pilates Reformer Private

Saturday March 1

2:05pm – 3:00pm Pilates Reformer Private
3:05pm – 4:00pm Pilates Reformer Private
4:00pm – 4:30pm Ayurveda Private

FREEQUENTLY ASKED QUESTIONS

1. When do I have to pay the remainder of my balance if I want to get the EARLY BIRD discount?

- Your retreat balance needs to be paid by November 1, 2024 in order to receive the early bird discount.
- If you don't pay by the early bird cut off, the full balance will be due 90 days out.

2. Do we have to attend **all of the retreat activities available to us?**

- All the classes and events are optional. The schedule has built in a balance of activities and unscheduled free time where you can enjoy the pool, hiking, quiet secluded areas on the property, journal or meditate, or get some private pampering (massages, etc.), evening fire pit ceremonies, or book 1:1 Private Reformer Pilates Sessions, Ayurveda Assessments and more!
- I always recommend that you tune in to what your body, mind and spirit needs—whether that's rest, or exploring the what the local area has to offer

3. How much experience do I need to participate in the Pilates and Yoga classes and workshops?

- The Pilates and Yoga Sessions and Workshops are perfect for every level—from barely a beginner to seasoned practitioners.
- Your host has decades of experience and advanced training—so you will be guided to keep you safe, successful and appropriately challenged!
- We will dive deep into proper alignment and anatomy—so you'll benefit from getting personalized cues, corrections, assists and adjustments you need.

4. Will there be modifications and special assistance in the movement classes and workshops if I have pain, injuries or limitations?

- Yes! That is why it's important to complete the entire Confidential Intake Form,

including your medical info and current injuries. We will do all we can to keep you safe, successful and having fun! Ultimately, you need to know when to rest and take care of you.

- Laura is not a doctor or medical professional and can't give medical advice however she is certified in Anatomy, Yoga, Pilates and Meditation. Moreover, she has studied other healing arts and has the wisdom that 25 years of practice brings to share with all of you!

5. What's included in the retreat?

- 3 Nights + 4 Days of accommodations at the beautiful retreat center, including fresh linens and towels.
- Daily movement sessions, meditation and workshops to help develop and grow your practice, so you can connect to your body, relax your mind, release stress, and gain strength, stability and stamina, and nurture your true nature (see full schedule above)
- Interactive Ayurveda Workshops and Cooking Demos
- Guided hike
- Enjoyment of the cleansing salt pool, hot tub, cozy fire pit and peace of nature
- Delicious farm to table cleansing, blood sugar balancing and detoxifying meals
 - **Thursday:** Dinner
 - **Friday + Saturday:** Breakfast, lunch, dinner
 - **Sunday:** Breakfast

6. What's **NOT** included in the retreat?

- Airfare and Transportation to and from the retreat (Uber is a good resource to use to get to the retreat from the airport if you are not driving)
- Private Reformer Pilates Sessions with Laura
- Private Ayurveda Sessions with Laura
- Costs to explore the local area, go horseback riding, zip lining, etc.
- Optional Add-on Spa services (facials, massages, etc.)