

Yoga & the Creative Heart

the Art of Finding Yourself

Join Melanie and Kaleo Wassman on a weekend getaway free from distractions and filled with inspiration!

October 6 - 8, 2017

**Sagrada Wellness Center
San Luis Obispo, Central California**

**Yoga helps us to remember our true selves and
writing gives us a container to express it.**

Daily yoga classes for all levels

Creative writing and journaling workshops

Delicious vegetarian meals paired with local wine

Musical jam session - no experience necessary!

Free time of hiking, writing, exploring, or relaxing by the pool and hot tub

Gift bag with handmade products and other conscious gifts



Shared Accommodations \$695
Private Bedroom Shared Bath \$795 single,
\$725 double (per person)

For more info on the retreat and the Wassman's,
visit www.RebelandMuse.com

Rebel & Muse