

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!

September 28-30, 2018

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