



Stinson Beach Retreat Day

Take a day and escape to Stinson Beach in Marin with Kate Lumsden
Stinson Beach Community Center
Saturday, March 6th, 9am – 5pm

Two full yoga practices! We will flow in the morning building heat, strength and confidence, and we'll rest, stretch, & restore in the afternoon. Both practices will encompass various breathing exercises & seated meditation in addition to asana.

Two delicious Ayurvedic meals! Kate Lumsden shares her love & knowledge of Ayurveda and her talents for cooking in gorgeous, nourishing meals that delight the senses. This food supports the vibrancy of the body in it's commitment to using only fresh, local and organic produce.

Time for you: take a hike, read a book, paint a picture, or walk on the beach! You'll have time in the afternoon to spend as you like. Some potential options: a guided hike on Mount Tamalpais with Kate, reading by the fire, painting some of the beautiful scenery, a quiet walk on the beach etc

Location: Stinson Beach Community Center

Price: \$60 per person before Feb 6th! \$75 per person after Feb 6th, payment secures your spot

Contact: Kate at (415) 676-1741 or yoginiKate@gmail.com

Feedback from past retreats:

"The retreat was fantastic. A great balance of yoga, nature, 'nuture' & incredible food. "

"What an amazing, educational, relaxing Saturday! ...it was incredibly nurturing and inspiring."

"[two days later and] still feeling the high from the wonderful retreat!"

About Kate:

Kate loves leading these special days outside the city, and can't wait to be back in Marin soaking up the fresh air and beautiful scenery. Since 2006, Kate has taught for a deep understanding of the asana, but also to help build a sense of community and increase awareness of the dynamics of the world in which we live. She started practicing yoga asana in 1999 as treatment for the scoliosis in her spine. With an emphasis on intelligent alignment, Kate fell in love with the Astanga Vinyasa practice and its interweaving of breath, movement and meditation. Her passion for alignment and understanding the wisdom of the body encourages the student to let go of ego and give rise to the truth of inner harmony and balance. The dynamic relationship between Kate and her students is one that allows for individual attention, adjustments and modifications ensuring they receive lessons to strengthen their individual practices within the support of the class. Kate feels blessed to be guided by many gifted teachers along her path including Colleen Taylor, Yolanda Bain, Judith Lasater, and Catherine Shaddix.