

# A Retreat at Indian Springs Resort In Beautiful Calistoga, California

April 8<sup>th</sup> – 11<sup>th</sup>, 2010

## Indian Springs

Indian Springs has been a favorite historic spa destination in Napa Valley for decades. They provide a setting in which you can make your visit one of relaxation and retreat or one of activity and fellowship.

Their facilities include a fitness studio with weights and yoga accommodations, the finest mud baths featuring their own pure volcanic ash and pools and Olympic size mineral baths, comfortable rooms, beautiful grounds planted with palm and olive trees, roses and lavender, and hiking up the Palisades Mountains that make up the spa's backdrop.

1 person Queen Bed	\$1300
2 people 1 Queen Bed	\$890 each
3 people 1 Queen Bed, and sofa sleeper	\$825 each

20 % deposit due to reserve spot

Pay in full by March 1<sup>st</sup>, 2010.

Price Includes:

Lodging, Meals, Yoga Classes, Workshop, Mineral/Mud Bath with Whirlpool  
steam bath & blanket wrap, biking, tennis

Cancellation Policy: 15% refund on total payment before 2/20/2010  
no refunds after 2/28/2010

*Visa, Mastercard, American Express*

**This art of resting the mind  
and the power of dismissing  
from it all care and worry is  
probably one of the secrets of  
energy in our great men.**

