

# Urban Yoga Retreat

GO ON A YOGA RETREAT. KEEP YOUR VACATION DAYS.

June 26 to July 2  
The Sports Club/LA - Boston



WITH  
**CHANEL LUCK**  
and **BONNIE ARGO**

featuring guest teachers Roberto Lim,  
Jessica Lopez, Rebecca Pacheco  
& Josh Summers

**SATURDAY, JUNE 26<sup>th</sup>**  
8:30 a.m. - 11:30 a.m.

**SUNDAY, JUNE 27<sup>th</sup>**  
4:30 p.m. - 7:30 p.m.

**MONDAY, JUNE 28<sup>th</sup> to FRIDAY JULY 2<sup>nd</sup>**  
6:15 a.m. - 7:30 a.m. Rise and Shine Practice

**MONDAY, JUNE 27<sup>th</sup> to THURSDAY, JULY 1<sup>st</sup>**  
6:30 p.m. - 8:00 p.m. Relax and Renew Practice

#### RATES

\$350 non-members before 6/15 and \$475 after  
\$315 SLCA members before 6/15 and \$425 after

#### REGISTER TODAY

[www.yogathree.com](http://www.yogathree.com) • [info@yogathree.com](mailto:info@yogathree.com)  
call 617.610.YOGA (9642) • 800.YOGA.360

**EXPERIENCE THE IMMERSION**, expert teaching, individual attention, and mind/body transformation of a yoga retreat without leaving home or giving up your day job. The Urban Yoga Retreat allows you to delve deeper into your yoga practice in a convenient, cost-effective way with sessions that complement, rather than interrupt, your daily life.

**Morning sessions** include vigorous flow, invigorating core work, dynamic breathing, and a meditative savasana designed to start your day with energy and clarity. It's our version of yoga coffee!

**Evening sessions** help you wind down from your day, reduce stress, induce relaxation, & provide restful sleep.

**Weekend sessions** feature a class, yoga lecture, and question and answer session. Saturday's class is a 90-minute Level 2/3 vinyasa with integrated lectures and Q & A, while Sunday's class involves a restorative yoga practice with discussion before and after.



**YO3ATHREE**  
wellness • community • travel

THE SPORTS CLUB / LA

  
radiant yoga