

PINNACLE  
YOGA & RETREAT CENTER

# WINTER RETREAT FOR RENEWAL FEBURARY 2-4

Join us at Pinnacle for the opportunity to Reset, Rejoice and Renew.  
Come for the entire Retreat and take part in Farm foraged meals and a cozy stay,  
or enjoy the offerings from an Ala' Carte menu! See what can emerge in 2024!

## HAPPY HEART OPENING

FEB. 2, 4-5:30PM, \$35  
WITH ROBIN GUCKER

## KIRTAN

FEB. 2, 7-8:30PM, \$20  
WITH SARAH CHIEN, KIM LECLAIRE,  
& NORA NADIRE

## HOT YOGA

TO BOOST THE IMMUNE SYSTEM  
FEB. 3, 9-10:30AM, \$35  
WITH ROBIN GUCKER

## UPLIFTING HERBS

FOR THE WINTER MONTHS  
FEB. 3, 1-2:30PM, \$40  
WITH ELERI SMITH

## THAI YOGA BODYWORK

FEB. 3, 3:30PM-5:30PM, \$45  
WITH GRETCHEN MILLS

## HIKE, SKATE,

WINTER EXPLORATION  
FEB. 4, 9-12PM, \$45  
WITH ROBIN GUCKER

## CORE CENTERING PRACTICE

FEB. 4, 1-2:30PM, \$35  
WITH NATHAN HENDERSON

## MEDITATION &

RESTORATIVE YOGA  
FEB. 4, 3:30-5:30PM, \$45  
WITH MICHELLE MARON

Through the weekend **REAGAN MONARCH OF TRUE PATH ORACLES** will be scheduling readings.  
Look to see if you can schedule by contacting her at [truepathoracle@gmail.com](mailto:truepathoracle@gmail.com)

\$650 retreat + meals/snacks / \$750 retreat + housing + meals/snacks

[www.pinnacle-experience.com](http://www.pinnacle-experience.com)

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