

Yoga Retreat at Orr Hot Springs



April 10th ~ 13th



**Yoga
with
Libby**

**Food
by
Chef Aaron**



Join us this April at Orr Hot Springs for a long weekend immersed in the magic of forest and mineral waters.

Replenish body and spirit through daily yoga, nourishing organic vegetarian meals, unlimited soaking, and spacious time to rest, wander, and reset.



A quiet weekend to soak, stretch, eat well & reset

Gentle Yoga, Healing Waters, Redwood Forests and the Mountain Air



Unlimited Soaking, Organic Meals, Yoga, Soundbaths and Myofascial Release

Orr Hot Springs is a small, tranquil resort settled deep in the rolling hills of the Mendocino Coastal Range. Situated on a beautiful 27 acres at the headwaters of Big River

This magical oasis has a large spring fed mineral pool, two large outdoor mineral tubs, many private tubs along with a large steam and dry sauna



Daily Rhythm

- Morning yoga & meditation
- Nourishing breakfast
- Free time for soaking, rest, nature walks & journaling
- Midday myofascial release with Yoga Tune Up® & mobility practice
- Lunch + spacious afternoon
- Evening yoga & sound bath
- Shared dinner and quiet evenings under the stars

Reserve Your Spot!



QR code here to website

Limited Spaces Available!
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