



## Take a full moon hike, do Vinyasa in a vineyard + more weekend wellness

By [Margaux Lushing](#) Aug 04, 2017

Like us on Facebook 

**May your weekend bring plenty of brunch and booze—but first, a solid workout.**

**Sunday, August 6th**

### **Vineyard Yoga**

Swap out your usual yoga and mimosas in the Mission for vino and Vinyasa on a vineyard. On August 6th, join advanced sommelier and yogi Aubrey Terrazas for an hour of all-levels flow at [DeLoach Winery](#), followed by a mindful, multi-sensory tasting of the property's biodynamic wines. Yoga and wine is included with a ticket (\$20-\$45), and lunch options make an afternoon of it. // 9-11am, Aug. 6 at *DeLoach Vineyards, 1791 Olivet Rd. (Santa Rosa)*; tickets at [eventbrite.com](#).