

Your Experience Includes:

- *Welcoming Manifestation Ceremony to set your intentions - Appetizers Provided
- *Rooftop Yoga & Aqua Yoga with breathtaking views
- *Excursion - Yoga in the Vines + Wine Tasting at Great Bear Vineyards
- *Themed yoga classes and workshops tailored to your unique journey
- *Cacao Ceremony & Sound Bowl Healing
- *Access to on-site restaurants and spa for complete relaxation
- *And Much More!

Open to all levels and designed to meet you where you are—physically, mentally, and spiritually.



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Johanna Baldino

Event Highlights

- 4-day yoga retreat in beautiful wine country
- Held at **Hotel Winters** in charming Winters, CA
- Rooftop yoga with breathtaking views
- Yoga in the Vines excursion + wine tasting at Great Bear Vineyards
- Themed yoga classes and workshops
- Welcoming Manifestation Ceremony & Cacao Ceremony
- Sound Bowl Healing session and more
- Relaxation time, spa access, and local experiences
- Open to all levels — beginners welcome!

What's Included

- Welcoming Manifestation Ceremony with gifts
 - Daily yoga classes (rooftop, themed, vineyard sessions)
 - Workshops tailored to your journey
 - Cacao Ceremony & Sound Bowl Healing
 - Wine tasting at Great Bear Vineyards
 - Access to hotel amenities including rooftop, spa (by appointment), and outdoor spaces
 - Friday night music in downtown Winters
 - Personalized, small group experience
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What's Not Included

- Meals (available at on-site restaurant **Carboni's**, but not included in retreat price)
 - Spa treatments at **Zen Terra Spa** (available separately)
 - Transportation to/from the retreat location
 - Travel insurance (optional but recommended)
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Example Daily Schedule

Thursday, August 7

- 4:00 PM – Check-In
- 5:00 PM – Welcome Ceremony + Appetizers
- Dinner at Carboni's (optional): 4:30 PM – 9:00 PM

Friday, August 8

- 7:00 AM – Morning Yoga
- 1:00 PM – Afternoon Yoga
- 6:00 PM – Friday Night Music (Downtown Winters)
- 8:30 PM – Cacao Ceremony & Sound Bowl Healing

Saturday, August 9

- 12:00 PM – Yoga in the Vines & Wine Tasting at GBV
- 4:30 PM – Dinner at Carboni's (optional)

Sunday, August 10

- 7:00 AM – Morning Yoga
- 9:00 AM – Downtown Winters Farmers Market
- 11:00 AM – Check-Out

All activities are optional and at your own pace.

Location / Address

Hotel Winters

12 Abbey Street
Winters, CA 95694

Directions

From Sacramento (Approx. 40 min drive):

Take I-5 S → CA-113 S → CA-128 W into Winters.

From San Francisco Bay Area (Approx. 1.5 hrs):

Take I-80 E → CA-128 W into Winters.

Free parking available on-site.