

Wine, Body, Spirit - Napa Yoga Retreat

with Kurt Johnsen

July 26-29, 2011



Be like wine, get better with age!

Join Kurt Johnsen, founder of American Power Yoga and host of Yoga for Life, in California's wine country this summer to open your mind and refine your palate. Learn traditional Tibetan monk morning movements that awaken and prepare your body for each and every day. Build your awareness and strength through a master yoga class each day in unique and beautiful settings at the Vino Bello Resort. Then join Shawn Horne on two private tours to over seven wineries in Napa. Shawn will teach you about grapes, harvesting and fermentation and what makes each variety unique. Taste the difference in new wines versus old and see the changes in wine making over the past hundred and forty years.

Kurt Johnsen has spent a lifetime studying health and happiness. He is the founder of American Power Yoga is the official yoga instructor of the Dallas Cowboy Cheerleaders. He created and hosted 60 episodes of the internationally televised program "Yoga for Life." His latest DVD, the Dallas Cowboy Cheerleader's Body Slimming Yoga was awarded "Best Yoga for All Levels" in Fitness Magazine Feb 2010. He has over 7,500 teaching hours and has trained over 100 American Power Yoga instructors. He is a master (5th degree black belt) in Tibetan Kung Fu and is well versed in ju jitsu, tai chi, chi gung, herbology and acupuncture. He also currently hosts The Pursuit of Happiness with Kurt Johnsen on www.RationalRadio.org.

Shawn Horne is a culinary artist with a 15-year career in has overseeing, managing, and consulting for four- and five-star award-winning restaurants, including Five Sixty by Wolfgang Puck, Kitchen 1924, York Street, Ferré, Abacus and the Green Room. He was instrumental in posting record returns for chefs and concept kings beginning with none other than culinary icon Stephan Pyles. He is grateful for continuing his culinary education with the likes of Kent Rathbun, Marc Cassel, Sharon Hage, Patrick Columbo, and Wolfgang Puck. Horne has managed a James Beard Dinner for Pyles, assisted in preparations for three Taste of the NFL Super Bowl Events and helped execute a Presidential Inauguration dinner for 20,000.

4 days/3 nights accommodations at Vino Bello, 4 Star Resort and Spa

Morning Moves, Master Classes and More with Kurt Johnsen

Welcome party and introduction to wine

Exclusive private guided tours through some of Napa's finest wineries with Dallas restaurateur and wine expert, Shawn Horne

Transportation to and from the Sacramento Airport

Enjoy the underground spa caves, massages, facials and more at Spa Terra at Meritage Resort *

Double Occupancy \$1550

Single Occupancy \$1950

Register before May 1st and save \$200

for more information visit our website at

<http://americanpoweryoga.com/classesworkshops/15/>

or email [Gina Johnsen](mailto:Gina.Johnsen)

* spa services are not included in the retreat pricing.

