

# Yoga at the Ojai Retreat

Session on site in your room, on your patio or in the Quiet Room

**Mihaela Wachsman - (805) 798-1044**

Available Saturday, Sunday, and Monday mornings.

Classes are 1 ½ hours.

**Lepeng Li - 818 853-3033**

Lepeng is a Yoga teacher, a Reiki Master and a massage therapist.

**Judy Levin - 201 741 7885**

My classes are fun and focus on breath, movement, and alignment.

## Yoga Studios in Ojai

### **Arrow Heart Yoga**

143 W. El Roblar Dr. (close to the retreat)

(805) 669-8143

[www.arrowheartyyoga.com](http://www.arrowheartyyoga.com)

### **Ojai Yoga Shala**

306 East Matilija St.

(805) 522-6524

[www.ojaiyogashala.com](http://www.ojaiyogashala.com)

### **Sacred Space**

307 Matilija St. Ste H

(805) 646-6761

[www.sacredspacestudio.com](http://www.sacredspacestudio.com)

**Please note:** Arrangements are made directly between you (the guest) and the therapist you have chosen. The Ojai Retreat is not party to these arrangements, with the exception of recommending the above therapists to you. However, the therapist is required to inform the retreat staff of the appointment once it is arranged. Thank you.